

MARTIAL ARTS LEGENDS PRESENTS

The #1 Magazine of
Mixed Martial Arts!

Grappling



cfwenterprises.com

Fight Club
Author
Chuck Palahniuk

KOTC Champ
Chris Brennan

Gracie Guru
Luca Atalla

Gladiator
Challenger 8
HooknShoot

Japanese
Ju-Jitsu
Sixth
World
Games

Bas Rutten

The World's Greatest
Martial Artist

a mega-dose
of attitude!

Kid Peligro, Matt Furey, Erik Paulson,
Art Davie, Eddie Goldman, Royler
Gracie, Doc Hamilton - In Your Face!

trash your
opponent!

Foot-Lock Counter
Reverse Neck-Crank
Calf-Cutter Leg Lock
North-South Shoulder Lock
Open-Guard Elbow Lock
Side Control Ax-Choke
Rollover Shoulder-Lock
Side Control Counter-Lock
Reverse Guard Arm-Lock
Sweeping Hip-Throw
Lateral Drop
Pancake Throw
Whizzer Combinations

\$5.99US \$7.99CAN

03>



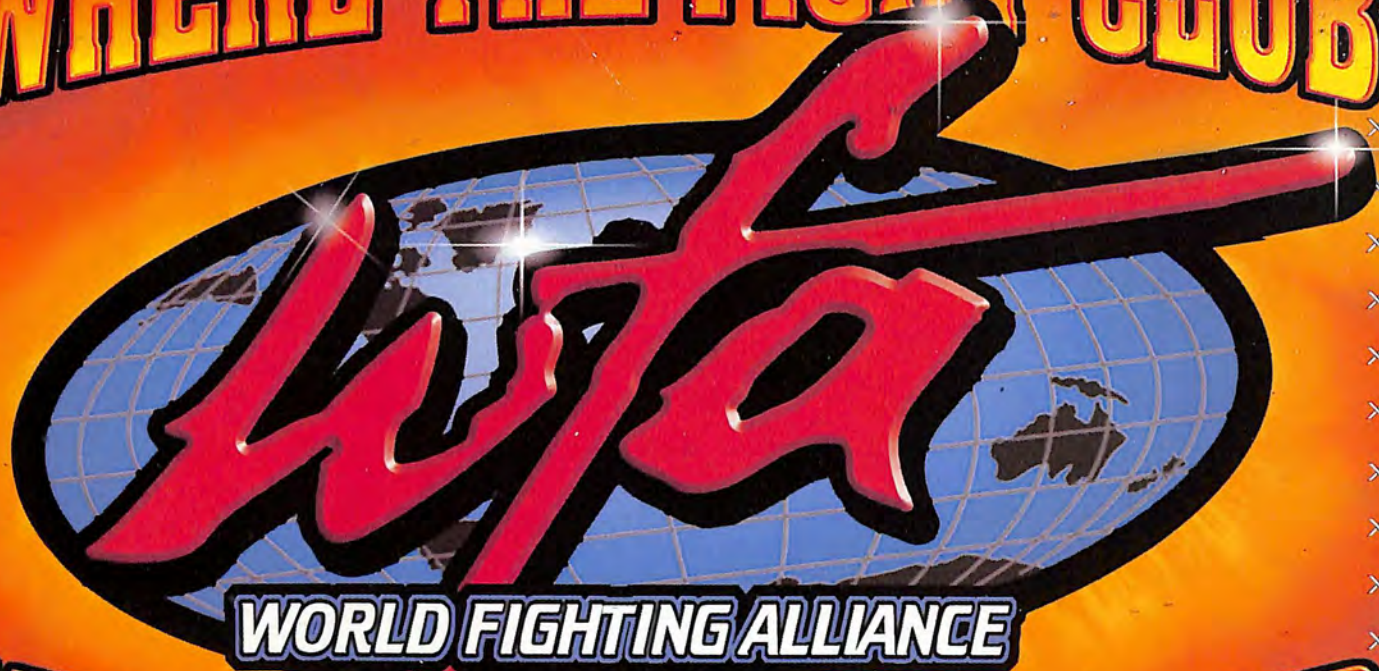
MARCH 2002 • CC03262

U.S. \$5.99 • Canada \$7.99 • UK £3.95

Ring Girl of the Month



WHERE THE FIGHT CLUB



WORLD FIGHTING ALLIANCE

MEETS THE NIGHT CLUB

February 2, 2002
Mandalay Bay

PRODUCED BY

JOHN LEWIS & JOHN HUNTINGTON

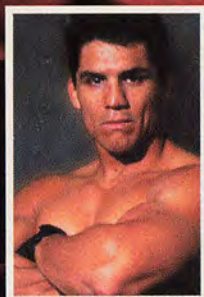
(MIXED MARTIAL ARTS SUPERSTAR ,
UFC / EXTREME FIGHTING VETERAN)

(AMERICAS # 1 NIGHTCLUB PROMOTER -
PIMP N HO , CLUB RUBBER , SUMMER OF LOVE)

THE FUTURE OF MIXED MARTIAL ARTS

WWW.WFA.TV





Unique Publications Video Presents

FRANK SHAMROCK'S ULTIMATE TRAINING AND FIGHTING SYSTEM

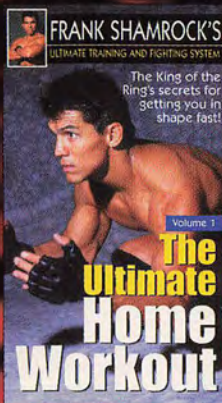
The end of the last century saw the birth of a new martial art. With the advent of the events known variously as "Ultimate Fighting," "No-Holds-Barred" matches and "Mixed Martial Arts," martial artists the world over learned the value of learning more than one art, and what works and what doesn't in the real world. One name quickly emerged as the King of no-holds-barred fighting: Frank Shamrock.

Now, for the first time ever, Frank Shamrock shares his incredible training and fighting secrets with the public in this exclusive video series!

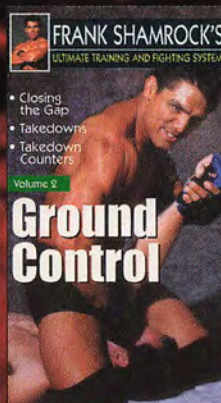
UP
VIDEO

To Order Call:

1.800.332.3330 • fax: 818.845.7761
4201 Vanowen Place, Burbank, CA 91505



Volume 1
The Ultimate Home Workout
Frank reveals his amazing workout routine which incorporates fitness exercises with real fighting moves!
#SHAM01/\$39.95



Volume 2
Ground Control
Frank's secrets for closing the gap, takedowns, and takedown counters.
#SHAM02/\$39.95



Volume 3
The Keys to Victory
Frank reveals his arsenal of submission holds as well as finishing hold counters and escapes.
#SHAM03/\$39.95

MARTIAL ARTS LEGENDS PRESENTS

Grapppling®

MARCH 2002 • Volume 2, Number 3

COVER STORY

48 Bas Rutten: The World's Greatest Martial Artist

This Dutch legend started his martial arts career at the late age of 21 and within three years had earned two black belts. He went on to win 14 of 16 Thai boxing matches by KO, become the King of Pancrase, and earn the UFC title. Still ahead of the pack, Rutten has just released a revolutionary set of mixed-martial-art training tapes.

By Jose Fraguas

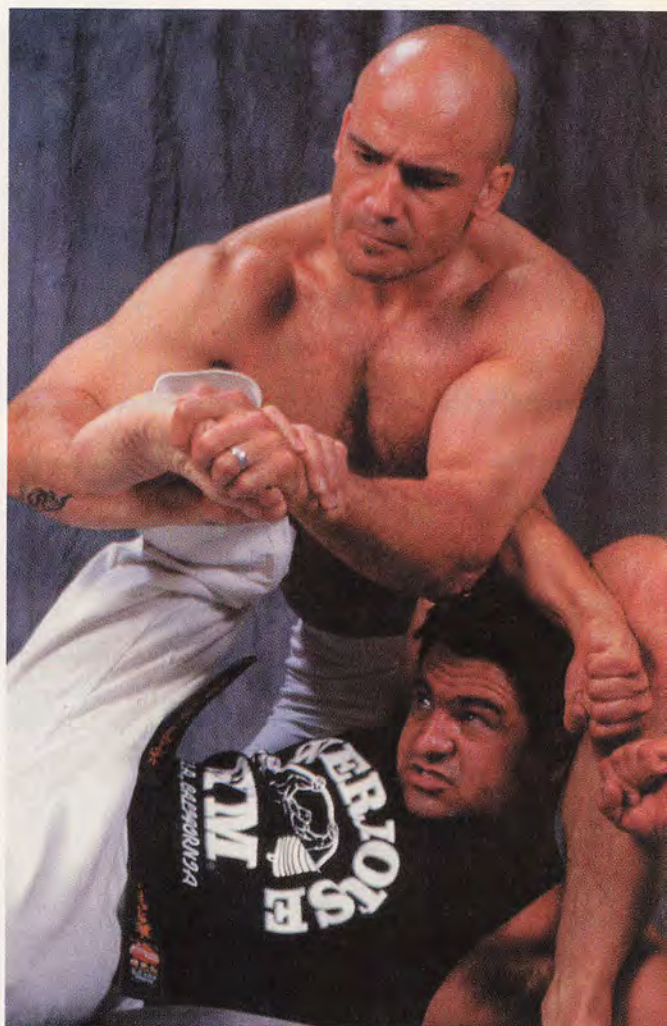
34 A Tiny Window of Chaos - Fight Club Author Chuck Palahniuk

"*Fight Club*," says Palahniuk, "was about the idea of a place you could go for a structured, consensual fight to exhaust yourself and vent a lot of frustrations and feelings and energy built up in your everyday life...A tiny window of chaos in your otherwise perfectly structured life."

By Karen Sosnoski

42 Chris Brennan: The Robin Hood of Mixed Martial Arts

Taking knowledge from those "rich" in technique and giving it to those with a "poor" understanding of Brazilian jiu-jitsu, Chris Brennan has gained a reputation as one of MMA's most successful fighters and teachers. *By Loren Franck*



MARTIAL ARTS LEGENDS PRESENTS GRAPPLING (ISSN 1092-7972) is published monthly by C.F.W. Enterprises, Inc., 4201 Vanowen Place, Burbank, CA 91505. Phone (818) 845-2656. © 2002 by C.F.W. Enterprises, Inc. Periodical pending postage paid at Burbank, Los Angeles County, California and at additional mailing offices. SUBSCRIPTIONS: USA one year: \$35.00. single copies: \$5.99 + \$1.00 shipping & handling. Canada and foreign countries add \$10.00 per year. Send subscriptions to: Inside Kung-Fu Subscription Department, P.O. Box 461621, Escondido, CA 92046. For subscription services or information call: (800) 877-5528 toll free, outside the United States (760) 738-5917 or (760) 738-8036. Unsolicited manuscripts, photographs and other submitted materials must be accompanied by postage and self-addressed return envelope. However **MARTIAL ARTS LEGENDS PRESENTS GRAPPLING** is not responsible for unsolicited submissions. All rights reserved. Printed in the United States.

DISCLAIMER

CFW ENTERPRISES as publisher is an advertising platform and does not endorse or make representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine. The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine. The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state, and local laws prior to your purchase or use of these products, services or techniques. The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services, or techniques in the United States or elsewhere. Because of the nature of some of the products, services, or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

President/Publisher **MICHAEL JAMES**
Group Publisher **MARK KOMURO**

Editor-in-Chief **TODD HESTER**
toddhester@cfwenterprises.com

Editor at Large **EUGENE ROBINSON**
Deputy Editor **MATT FUREY**
Technical Advisor **ERIK PAULSON**

CONTRIBUTING EDITORS

NELSON "DOC" HAMILTON, MATT FUREY, ERIK PAULSON, ART DAVIE, KID PELIGRO, EDDIE GOLDMAN, ROYLER GRACIE

CONTRIBUTORS

JOSE FRAGUAS, KID PELIGRO, LOREN FRANCK, TODD HESTER, KAREN SOSNOSKI, RICHARD SANTORO, EDDIE GOLDMAN, SHELDON MARR, ROBERT M. CARVER

ART

Art Director **GEORGE FOON**
Assistant Art Director **GEORGE CHEN**
Director of Photography **EDWARD IKUTA**
Staff Photographer **JAIMEE ITAGAKI**

CONTRIBUTING PHOTOGRAPHERS

LOREN FRANCK, BILL CURRY, TODD HESTER, KID PELIGRO, JAIMEE ITAGAKI, ERIC FREIMANIS, LUCA ATALLA

INTERNATIONAL BUREAU

Submissions Editor **KID PELIGRO**
Director of Photography **LUCA ATALLA**
Photographer **BILL CURRY**

ADVERTISING

Advertising Executive **BARBARA LESSARD**
barbaralessard@cfwenterprises.com
Toll Free (866) 505-6213 Fax (866) 505-1387
PLEASE FORWARD ALL ARTWORK MATERIALS AND PAYMENTS TO:
Advertising Director **GABE FRIMMEL**
gabefrimmel@cfwenterprises.com
(800) 332-3330 Ext. 112 Fax (800) 249-7761
CFW ENTERPRISES
4201 W. Vanowen Place, Burbank, CA 91505

UNIQUE PUBLICATIONS BOOK & VIDEO DIVISION

WEST COAST OFFICE

booksandvideos@cfwenterprises.com
Website Coordinator **NIJEL BINNS**
Book Sales Director **BEATRICE M. WONG**
Video Production Director **JOHN SOET**
Video Production Producer **SCOTT HYLTON**
Director of Mail Order Operations
HARRY WONG
Direct Sales Manager **EVELING SUYDAM**
Customer Service & Bulk
Subscriptions **BECKY SILVAS**
Book & Video Fulfillment Service
FRANK WONG, BART HANSEN, BING WONG
4201 Vanowen Place - Burbank, Ca 91505
Phone 800 332 3330 • fax 800 249 7761

EAST COAST OFFICE

National Book & Video Sales Director
BRIAN KLINGBORG
Phone & Fax (212) 691-8421

ADMINISTRATION

General Manager **JOSE FRAGUAS**
Circulation Manager **HOUSTON BURDETTE**
Administration Director **LORI LALL**
Administration, Credit & Collections
CARRIE OGAWA WONG

EDITORIAL & ADMINISTRATION OFFICE

4201 W. Vanowen Place, Burbank, CA 91505
(818) 845-2656 Fax (818) 845-7761

www.cfwenterprises.com



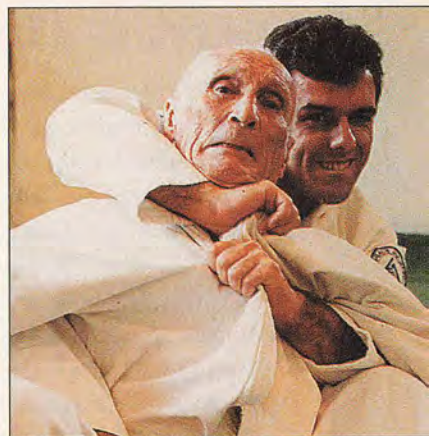
54 Gladiator Challenge 8 - Heart and Soul

Tedd Williams' Gladiator Challenge roared back into the spotlight with a dynamic and exciting show at the hub for MMA fighting in Southern California - Soboba Casino in San Jacinto, California. *By Todd Hester*



60 A Talk With Luca Atalla, Editor Of Gracie Magazine

Luca Atalla is a black belt in Brazilian jiu-jitsu and one of the pioneers in mixed martial arts journalism. Since the beginning of the sport, he has covered countless events in numerous countries. *By Eddie Goldman*



68 Jackie Kallen - Pride FC's New Heavyweight

A boxing manager and promoter who has worked with the world's best, Jackie Kallen is now turning her public relation talents to the Pride Fighting Championships, where she seems likely to score another knockout. *By Todd Hester*

74 Four Takedown Throws That Really Work

Former U.S. Judo Team member Sheldon Marr demonstrates the whizzer, the sweeping hip throw, the lateral drop, and the pancake - four takedown throws that work equally well with the gi or without. *By Sheldon Marr*

79 HooknShoot Does it Again - Big Time!

"Kings" was a two-day Indiana combat extravaganza featuring fighters from Brazil, Japan, U.K., Chile, Costa Rica, and all across the U.S., ranging from Massachusetts to Washington State. *By Richard Santoro*

83 Carlao Valente - The Storyteller of Brazilian Jiu-Jitsu

Valente is a legendary Brazilian jiu-jitsu personality who has trained and learned from the sports' best. He is as well-known for his off-the-mat antics, however, as he is for his on-the-mat accomplishments. *By Kid Peligro*

90 Japanese Ju-Jitsu Holds Sixth World Games

While Brazilian jiu-jitsu and Greek pankration only dream about Olympic acceptance, traditional Japanese ju-jitsu is making serious headway towards that eventual goal. *By Robert M. Carver*

DEPARTMENTS

4 Guest Editorial Nelson "Doc" Hamilton

8 Catch of the Day Matt Furey

10 Gi Whiz Royler Gracie

12 Mat Time Kid Peligro

14 The Art of War Art Davie

16 Drill Bits Erik Paulson

20 No-Holds-Barred Eddie Goldman

22 Ring Girl of the Month

29 Grappler's Grapevine



Guest Editorial

BY NELSON "DOC" HAMILTON

Will California Approve Mixed Martial Arts In 2002?

Hey, fight fans, have you ever felt like an early pioneer as you drive for hours to some remote Indian reservation to see your favorite MMA fighter? Do you remember wondering why the promoter couldn't get a location that didn't have buzzards flying overhead? Well, I'm here to tell you why so listen-up!

As a member of the California State Athletic Commissions' Martial Arts Advisory Committee, I am gratified to know that all of the committees' hard work formulating the MMA rules and regulations was not in vain. The rules, with minor changes, are alive and well and being used in Nevada and New Jersey. Unfortunately, to the dismay of the Athletic Commission and the MMA community in general, the rules won't be used in California in the year 2002. Once again, the politicians in Sacramento have been unresponsive to the public and the Commission.

Here's the 411: For the past two years the Commission has worked diligently for the inclusion of MMA as a legitimate state regulated sport. Unfortunately, it hasn't happened yet. According to Rob Lynch, Chief Executive Officer, California Athletic Commission, "We fully expected that our MMA regulations would be approved and implemented in 2001. Needless to say,

we are very disappointed that the Administration refused to approve our funding request which in turn, caused our regulations to be disapproved. To this date, no explanation has been given and I still don't know why the Administration refused our request when we all know that MMA revenues would far exceed the costs to regulate it."

This year, the Athletic Commission attempted to introduce legislation which would have provided the proper funding to regulate MMA in 2002. However, the Commission could not find a legislator who was willing to carry the proposed legislation. To compound the problem, the Commission's operating budget was slashed 15 percent for year 2002. Mr. Lynch stated that, "This budget reduction not only impairs our ability to regulate boxing and kickboxing for year 2002, it becomes impossible for us to also regulate MMA." It appears that the state's depressed economy and energy crisis have acted in concert to derail MMA approval for another year.

I believe it is important that we, the MMA community, understand that the states failure to regulate the sport should not be blamed on the Athletic Commission. The Commission is well aware of the sports rapid growth as well as its income potential to the Commission.

They are eager to be involved with the sport. However, they are subject to politics and politicians just as we are.

I asked "Cal" Soto, Commission Chairman, what do the members of the Commission think about MMA? He said, "It is my opinion, and that of most, if not all of the Commission members, that MMA deserves to be and should be regulated by the Athletic Commission. This would help to ensure the integrity of the sport, protect the fighters, and promote the growth of the sport. We are only sorry that it hasn't happened yet. Rest assured, we will continue to press for passage of regulatory legislation."

The sentiments of Mr. Soto are echoed by Mr. Lynch, "We will keep trying to get legislation passed. In the meantime, I urge all MMA fans to continue to support the sport. Lastly, I would like to thank the other members of the Commission's Martial Arts Advisory Committee, the Director of the Department of Consumer Affairs and the Secretary of State and Consumer Services Agency for all their support. I guarantee to the MMA community that we will try again."

It is unfortunate for MMA promoters and fans alike that accessible sites such as Staples Arena, Olympic Auditorium, and Arco Arena, to name a few, are not presently available to them. Fortunately, the sport continues to grow despite the inconveniences and expense associated with travel and lodging to attend shows in remote locations. It is a credit to the MMA community that they not only continue to support the sport, but do so in record numbers. I encourage the MMA community to continue to fight the good fight; it is not a matter of if we get state approval, just when.

Nelson "Doc" Hamilton can be contacted at refs50@hotmail.com

"The Commission is well aware of the sports rapid growth as well as its income potential to the Commission. They are eager to be involved with the sport. However, they are subject to politics and politicians just as we are."

A L E G E N D I N T H E M A K I N G . . .



Brazilian-style
adidas Jiu-Jitsu Gi

Designed by World Famous
Jean-Jacques Machado

Non contractual document

Distributed by :
SEKA-SPORTS, inc.
1-877-808-9892 – e.mail : hotmail@seka-sports.com
<http://www.seka-sports.com>



SEKA

Official Distributor for the USA

www.seka-sports.com

KING OF THE CAGE

THE BEST MIXED MARTIAL ARTS

KING OF THE CAGE: V.1

VHS# 69602-3 / \$14.95
DVD# 60939-2 / \$24.95

FEATURING:

Tyson Johnson
John Jensen
Jeremy Williams
Betiss Mansouri
Mike Bourke
Chris Brennan
Joe Stevenson



KING OF THE CAGE: DESERT STORM

VHS# 69612-3 / \$14.95
DVD# 60944-2 / \$24.95

FEATURING:

Ricco Rodriguez
Charlie Kohler
Travis Fulton
John Matua
Tiki



KING OF THE CAGE: KNOCKOUT NIGHTMARE

VHS# 69622-3 / \$19.95
DVD# 60945-2 / \$24.95

FEATURING:

Chris Brennan
Vernon "Ripper" White
Todd Medina
Javier Vazquez
Duane Ludwig
Mike Bourke
Joe Stevenson



KING OF THE CAGE: GLADIATORS

VHS# 69632-3 / \$19.95
DVD# 60947-8 / \$24.95

FEATURING:

Quinton Jackson
Kurt Rojo
Todd Medina
Daijuro Matsui
Roger Neff
Fabiano Iha
Tedd Williams



KING OF THE CAGE

KING OF THE CAGE: CAGE WARS

VHS# 69642-3 / \$19.95
DVD# 60942-9 / \$24.95

FEATURING:

Chris Brennan
Joe Hurley
Brian Foster
Jerry Bohlander
Amir Rahnavardi
Daijuro Matsui
John Matua



KING OF THE CAGE: ROAD WARRIORS

VHS# 44127-3 / \$19.95
DVD# 44127-9 / \$24.95

FEATURING:

Vernon "Ripper" White
David Dodd
Pete "B Durr" Williams
Roger Neff
Bettis Mansouri
Adrian Serrano
Tony Galindo



KING OF THE CAGE: WET-N-WILD

VHS# 44188-3 / \$19.95
DVD# 44188-9 / \$24.95

FEATURING:

Ricco Rodriguez
Pete Williams
Guy Mezger
Alexander Otsuka
Joe Hurley
Charlie Kohler
Alex Andrade



KING OF THE CAGE: BOMBS AWAY

VHS# 44186-3 / \$19.95
DVD# 44186-9 / \$24.95

FEATURING:

Vernon "Ripper" White
Marvin Eastman
Joe Hurley
Gil Castillo
Sean Sherk
Martin Armandero



KING OF THE CAGE

KING OF THE CAGE: SHOWTIME

VHS# 44141-3 / \$19.95
DVD# 44141-9 / \$24.95

FEATURING:

Javier Vazquez
Thomas Denny
Tim Catalfo
Dave Benetean
Eric Pele
Sean Alvarez
Bobby Hoffman



KING OF THE CAGE: GREATEST HITS

VHS# 44206-3 / \$19.95
DVD# 44206-9 / \$24.95

FEATURING:

Vernon "Ripper" White
Ricco Rodriguez
Duane Ludwig
Quinton Jackson
Fabiano Iha
Jerry Bohlander
Pete Williams



KING OF THE CAGE

LIFE IN THE CAGE

VHS# 44177-3 / \$14.95

Take an insider's look into the world of mixed martial arts, one of the fastest growing and most controversial sports in the United States.

"Life In The Cage" is a unique look at a sport on the verge of a mainstream breakthrough.



GLADIATOR CHALLENGE

VHS# 44196-3 / \$14.95
DVD# 44196-9 / \$18.95

Jerry Bohlander
Romie Aram
Kia Kamaka
Joe Stevenson
Dave Valasquez
Charlie Valencia
Quinton Jackson
Dave Taylor



GLADIATOR CHALLENGE SHOWDOWN AT SOBOBA

VHS# 44210-3 / \$14.95
DVD# 44210-9 / \$18.95

Tim Sylvia
Gabe Beauprethy
Joe Stevenson
Quinton Jackson
Antonio McKee
Rocko Henderson
Maurice Wilson



UNIQUE PUBLICATIONS: CAL

PRIDE FC

ARTISTS IN THE WORLD

PRIDE FC: Vol. 1

VHS# 44028-3 / \$24.95
DVD# 44028-9 / \$29.95

FEATURING:
Rickson Gracie
Kimo
Daniel Severn
Gary Goodridge
Oleg Taktarov
Renzo Gracie
Branko Cikatic



PRIDE FC: Vol. 2

VHS# 44130-3 / \$24.95
DVD# 44130-9 / \$29.95

FEATURING:
Vernon "Big White"
Kazushi Sakuraba
Mark Kerr
Marco Ruas
Gary Goodridge
Renzo Gracie
Royler Gracie



PRIDE FC: Vol. 3

VHS# 44131-3 / \$24.95
DVD# 44131-9 / \$29.95

FEATURING:
Kazushi Sakuraba
Carlos Newton
Mark Kerr
Pedro Otavio
Gary Goodridge
Daijiro Matsui
Emanuel Yarbrough



PRIDE FC: Vol. 4

VHS# 44132-3 / \$24.95
DVD# 44132-9 / \$29.95

FEATURING:
Rickson Gracie
Kazushi Sakuraba
Allan Goes
Igor Vovchanchyn
Marco Ruas
Hugo Duarte
Walid Ismail



PRIDE FC

PRIDE FC: Vol. 5

VHS# 44134-3 / \$24.95
DVD# 44134-9 / \$29.95

FEATURING:
Mark Coleman
Kazushi Sakuraba
Vitor Belfort
Igor Vovchanchyn
Francisco Bueno
Egan Inoue
Rickson Gracie



PRIDE FC: Vol. 6

VHS# 44135-3 / \$24.95
DVD# 44135-9 / \$29.95

FEATURING:
Kazushi Sakuraba
Guy Mezger
Igor Vovchanchyn
Carlos Barreto
Daijiro Matsui
Carlos Newton
Egan Inoue



PRIDE FC: Vol. 7

VHS# 44137-3 / \$24.95
DVD# 44137-9 / \$29.95

FEATURING:
Mark Kerr
Igor Vovchanchyn
Kazushi Sakuraba
Akira Shoji
Maurice Smith
Enson Inoue
Vanderlei Silva



PRIDE FC: Vol. 8

VHS# 44212-3 / \$24.95
DVD# 44212-9 / \$29.95

FEATURING:
Igor Vovchanchyn
Renzo Gracie
Vanderlei Silva
Fabiano Iha
Mark Coleman
Ricardo Morais
Tom Erikson



PRIDE FC

PRIDE FC: NEW BLOOD

VHS# 44128-3 / \$24.95
DVD# 44128-9 / \$29.95

FEATURING:
Ricco Rodriguez
Igor Vovchanchyn
Gilbert Yvel
Vitor Belfort
Carlos Newton
Alan Goes
Vernon "Big White"



PRIDE FC: THE RETURN OF THE WARRIORS

VHS# 61000-3 / \$24.95
DVD# 61000-9 / \$29.95

FEATURING:
Kazushi Sakuraba
Renzo Gracie
Ken Shamrock
Kazuyuki Fujita
Mark Kerr
Igor Vovchanchyn
Gilbert Yvel



PRIDE FC: BATTLE OF THE RISING SUN

VHS# 44129-3 / \$24.95
DVD# 44129-9 / \$29.95

FEATURING:
Kazushi Sakuraba
Shannon Ritch
Igor Vovchanchyn
Gilbert Yvel
Vanderlei Silva
Heath Herring
Tom Erikson



PRIDE FC: - 2 DVD SET GRAND PRIX: OPENING ROUND

VHS# 44133-3 / \$29.95
DVD# 44133-9 / \$34.95

FEATURING:
Royce Gracie
Kazushi Sakuraba
Guy Mezger
Igor Vovchanchyn
Alexander Otsuka
Mark Kerr
Mark Coleman



PRIDE FC

PRIDE FC: - 2 DVD SET GRAND PRIX: FINALS

VHS# 61001-3 / \$29.95
DVD# 61001-9 / \$34.95

FEATURING:
Ken Shamrock
Kazushi Sakuraba
Royce Gracie
Igor Vovchanchyn
Mark Coleman
Kazuyuki Fujita
Mark Kerr



MACHADO HEART OF A CHAMPION

VHS# 60958-3 / \$24.95

Jiu-Jitsu is a way of life for the famous Machado brothers. Here, we follow the professional career of Jean Jacques, including complete never-before-seen footage of his biggest fights, including his victory over Walid Ismail.



MACHADO TRAINING SERIES V.1-3

VHS# 44211-3 / \$69.95
DVD# 44211-9 / \$69.95

Learn Jiu-Jitsu from the world's greatest teacher in this comprehensive collection. Jean Jacques is the world's most technical Jiu-Jitsu fighter!



1.800.332.3330 TO ORDER

Catch of the Day

BY MATT FUREY

What If Everything You Ever Learned About Grappling Is Wrong?

"What if everything you have ever learned about grappling is wrong?" Well, okay, let me rephrase it in a nicer way. What if everything you ever learned about grappling could be greatly improved? And yes, I do mean, "greatly." Regardless of who we have had as instructors, regardless of how much we revere, admire, and even idolize them, the truth is that an entire universe of improvements are available to those willing to entertain the idea that what we know and do is NOT gospel. A specific technique may work exceptionally well the way you

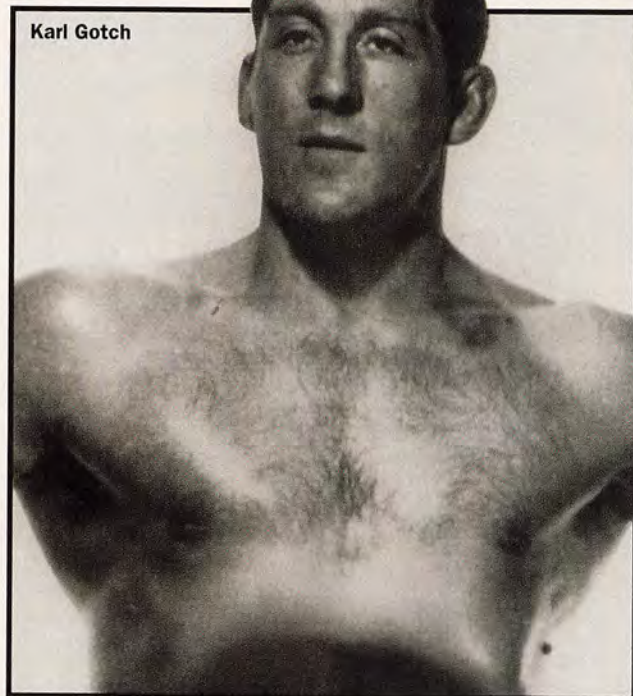
learned it, but that still doesn't mean that the way you learned it is beyond improvement. As Karl Gotch says, "Strive for perfection and you'll know that there is ALWAYS room for improvement."

"Strive for perfection and you'll know that there is ALWAYS room for improvement."

A couple weeks ago, on a return flight from Phoenix, Arizona, one of the startling realizations that occurred to me was how, when we "get away from it all" for periods of time, we have the opportunity to look at ourselves from a different angle. When we stay in the same place all the time, our tendency is to get so caught up in the practice of what we are doing that we fail to objectively evaluate how we can improve.

As a high school wrestler in Iowa, then later as a collegiate wrestler at the University of Iowa and Edinboro University of Pennsylvania, I worked out three times per day - rain, snow, sleet, hail or sunshine. For nine years you could find me training in the early to mid-morning, the late afternoon and again around 9 PM. These workouts not only made me into a champion, but due to great coaches like Dan Gable, J. Robinson and Bruce Baumgartner, I learned an important secret to furthering my success. And this secret was the process of taking time between workouts to step back and analyze how I was doing and how I could improve. Imagine what a shock it was when I learned that this championship behavior was not the norm.

One of the biggest keys to my ongoing improvement in the art and science of catch wrestling, is the time I spend thinking about what I just did in practice and how I can



Karl Gotch

make it better next time around. In seeking improvement, however, I am not talking about performing my moves exactly the way my instructor showed them to me; although that is an important beginning point. I am quite literally talking about being open to the possibility that you can make your techniques BETTER than what your instructor taught you.

In case you don't know, what I have just suggested is grounds for excommunication from many grappling programs. The students do all they can to imitate the teacher, which is a good practice in the beginning. You have to start somewhere, right? But if you've been training for several years, and you can't eat (learn) unless your teacher lifts the spoon to your mouth - well, then, my friend, you are holding yourself back in a BIG way.

One of the things I admire about Karl Gotch is how he continually strives to improve upon the techniques that he has trained in for several decades. He not only demanded the best from me, he demanded it from himself, too. The day

Continued on page 108

FIGHTWORLD.COM Online Catalog

Be sure to frequent the MMA shop at www.FIGHTWORLD.com for the latest exclusive Items!

FEATURE ITEMS SHIPPING NOW:

FEATURE ITEM #1: HOOKnSHOOT "Best Bouts" DVD



This 108 minute DVD chronicles some of the best grass roots MMA fights in history! From 1997 to 2000, this DVD has many UFC veterans and is guaranteed to be one of the heaviest hitting items you'll see! Aaron Riley vs. Steve Berger in a 2000 match of the year candidate, Dennis Hallman vs. Paul Rodriguez, Henry Matamoros gives up 35lbs to fight Nick Starks, plus never-before-seen dojo fights and much more!!

ALL THIS FOR ONLY \$9.95



FEATURE ITEM #2: Abu Dhabi 2001 (SEVEN DVD SET)

Over 20 hours of video compiled onto a set of seven DVD's. Ultimate picture quality, full interactive menus

with tons of features, 16 matches and the Super Bowl of grappling! Under 65kg Royler Gracie, Mike Cardoso, Baret Yoshida, Alexandre "Soca", Joey Gilbert, Hiroyuki Abe, Mitsuoki Hirai, Takuma Yano, Naoya Uematsu,

Fredson Paixao, Robson Moura Fonseca and many more! 3 HOURS with loads of spectacular submissions!

66-76kg

Rodrigo Gracie, Jean Jacques Machado, Matt Serra, Marcio Feitosa Souza, Kaoru Uno, Genki Sudo, Fernando Asconcelos, Tetsuji Kato, Leonardo Silva Dos Santos, Leo Viera, Gomi and many more! 3 HOURS featuring the match many call "poetry in motion" as Matt Serra faces JJ Machado in a textbook grappling showdown.

77-87kg

Saulo Ribeiro, Ricardo Liborio, Alexander Savko, Egan Inoue, Akihiro Gono, Kikuta Sanae, Kiyoshi Tamura, Chris Brown upsets Renzo Gracie in a shocker, Evan Tanner, "Nino" Schembri, Travis Lutter and many more. 3 HOURS with some shocking surprises.

88-98kg

Ricard Arona, Ricardo Almeida, Marc Laimon, TK Kosaka, Hisahi Fujita, Cael Sonnen, Renato Babalu, Rigan Machado passes out and can't continue, Alexandre Cacarico, John Olav Einemo, Dean Lister, Rolles Gracie and many others. 3 HOURS with astonishing upsets and submissions.

Over 99kg

Ricco Rodriguez scores a FLYING ARMBAR, Tom Erikson, Sean Alvarez, Mark Robinson, Roberto Traven, Aspas, Vitor Belfort competes against the big guys, Jeff Monson, Roger Neff, Mike Van Arsdale and many others. The BIG guys throw on this 3 HOUR DVD.

SUPERFIGHT/BEHIND THE SCENES

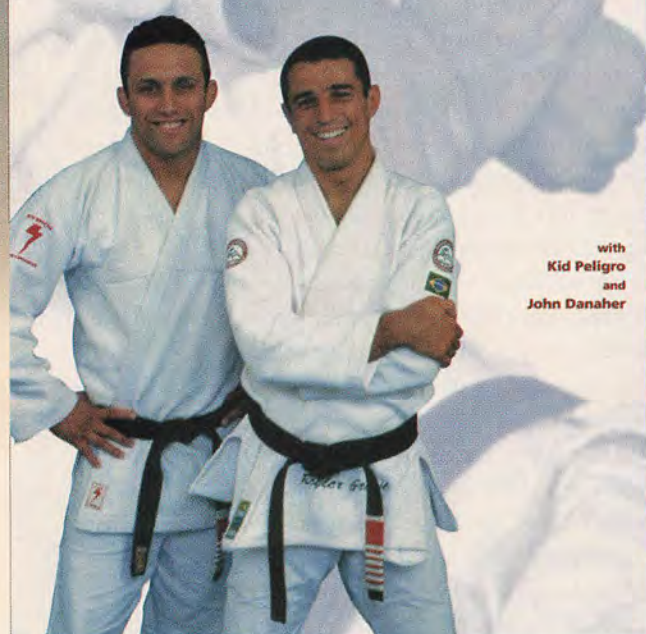
This features the much talked about superfight between MARK KERR and MARIO SPERRY. You make the call...did Sperry go unconscious? Our cameras were right there! Plus interviews with the athletes who make ADCC happen. Backstage footage before, during and after the event. 2 HOURS with the best ADCC superfight to date!

DVD's are only \$24.95 each plus shipping or \$169.95 for all SEVEN DVD's. We also carry all available previous years of the ADCC Competitions, plus a full catalog of

Brazilian Jiu-Jitsu

Theory and Technique

Renzo Gracie and Royler Gracie



with
Kid Peligro
and
John Danaher

BRAZILIAN JIU-JITSU: THEORY & TECHNIQUE is truly a collector's item. The first book by legendary BJJ fighters Renzo & Royler Gracie covers over 100 technique, positions and submissions and has over 800 colored photos. Renzo Gracie a multiple time Pride and ADCC Champion in association with four time World BJJ Champion and three time ADCC World Champion Royler Gracie demonstrate the techniques that made them successful. The book is co-authored with Kid Peligro and written by John Danaher and covers several aspects of the sport. This is a must have to the Grappling/ MMA aficionado.

Now available autographed by one of the authors at no extra cost!

\$24.95
+S&H

Credit card, check or money orders welcome!

FIGHTWORLD.com

PO Box 6326, Evansville, IN 47719-0326

Order securely online or order by phone

(812) 428-4951

Gi Whiz

BY ROYLER GRACIE

Year-Round Fitness

During my seminars around the world I get asked many different questions by students. One of the most frequent questions that I encounter is, "How do you stay in shape year round for tournaments?" I usually laugh and kid with them and say that if I answered that I'd be giving away one of my biggest secrets. Later on, I tell them what I do.

The truth is that you can't stay in tournament shape year round. You can be in very good shape all year, but you can't be at your top peak for that long. The physical and mental demands are such that you can only achieve peaks so many times during the year. If you try hard to maintain top-level performance, you'll end up injuring yourself or getting mentally tired and feeling sluggish - or worse, feeling like quitting.

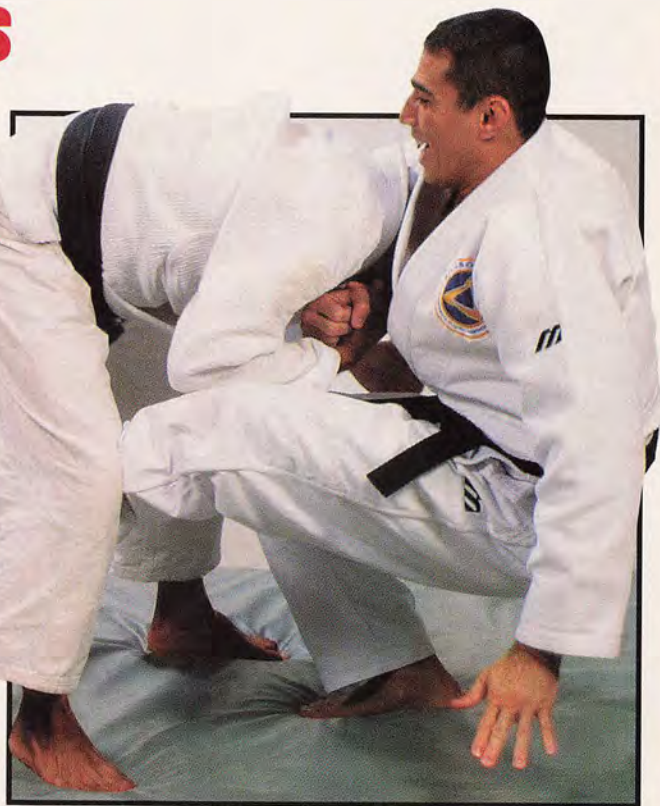
My program, in general, is to stay regularly fit all year long, and then have goals for certain special events. For instance, when I was competing in the World BJJ Tournament, I would start to change my weight program to add strength approximately two months prior to competition. Then as the weeks would go by, I'd change to add explosion and then endurance. I would do the same with my mat training. At first I'd try to practice to perfect my technique, and then as the competition would approach I would change the focus of the training to achieve endurance and explosion.

"You can be in very good shape all year, but you can't be at your top peak for that long."

Of course, if I was training for something even bigger, like the ADCC World Submission Wrestling Tournament, I would add some other elements to my training and some different objectives to it as well. Sorry, I can't go into details of it here as there are still too many opponents out there eavesdropping - actually there isn't enough space in my column to do that.

Everyone has their own method of training that they like; what I am trying to point out is that you have to understand your objectives, realize the level of commitment that it'll take to achieve those objectives, and then set up a master plan to follow. As you do it more and more, and I have done plenty of it, you will fine tune your program until you have what is best for you.

The best way to achieve a competition program, is of



course, to start with your instructor. Ask him to you set up a training regimen for the next tournament. Discuss with him what you want to accomplish and whether you want to win your division or just have a good match or two. Also consider if you are planning to compete in just your weight division or in the Absolute also. A good coach will have the experience and knowledge to help you with this. After you have taken care of the technical part of the deal, then consult a personal trainer to help you with the physical part of the training. Remember that a goal without a plan is only a wish.

Most of all, listen to your body and to yourself. If something doesn't feel right in your training then it most likely isn't right for you! If you are tired, or some routine is giving you fits, stop and change - or rest and change. But it is important to realize that your program must be tailored to the most important element of the whole equation - you.

I will stop right here as I am giving away the farm! The next thing I know I may be facing you on the mats and you may beat me with my own advice! If that happens, of course, I would be happy that my advice helped out. Hope to see you in the winner's circle!

Royler Gracie can be contacted for worldwide seminars at royler2000@yahoo.com



RUSSIAN MARTIAL ART -THE SYSTEM-

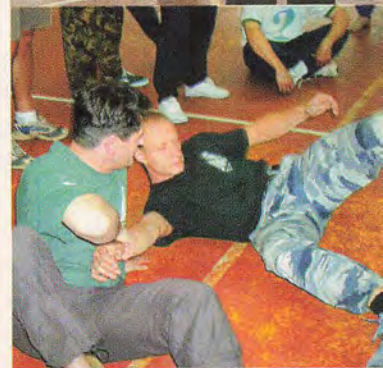
TRAINING TRIP TO RUSSIA

With Vladimir Vasiliev and Mikhail Ryabko

DATES: MAY 31 TILL JUNE 8, 2002

- **All-inclusive incredible week in Moscow:** restricted Spetsnaz army base with live fire obstacle course, shooting combat weapons, concealment and ambush, night survival, simulated battles, driving APC and even lying under a rolling tank.
- **Intense training** at the Olympietz gym with high rank combat instructors, covering all aspects of Hand to Hand, Conditioning, Breathing, Healing, Rejuvenation, Ground Fighting, Weapons, Multiple Opponents, Close Protection and Psychological training.
- Safe and comfortable accommodations, hearty Russian meals, bilingual interpreters, professional masseuse.
- Inspiring guided tours into the breathtaking scenery and culture, entertainment and dinner parties to remember.
- Your own Spetsnaz uniform, gifts, awards and certificates.

GROUP SIZE STRICTLY LIMITED - REGISTER NOW!
www.russianmartialart.com



NEW VIDEO RELEASE!

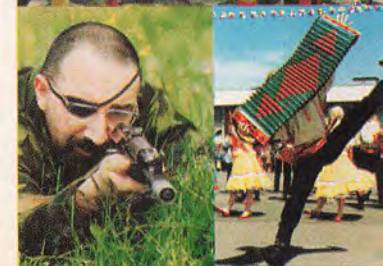
BEYOND THE PHYSICAL by the legendary **Mikhail Ryabko**, Captain of the Russian Special Forces. The most impressive film in the world of martial arts! **Breathtaking demonstrations and detailed instructions on how to develop and apply the highest form of self-defense – the Psychic Energy.** Overcome any attack with minimal or no physical contact at all! Based on years of intense combat and secret missions, this is an outstanding presentation of the most subtle and powerful ways to move, strike and control, biomechanics, breathing, human psychology and foresight. Truly, once in a lifetime opportunity to expand your skills **beyond the physical**. 1 hour 15 min. **\$49.00** including shipping in U.S.A. for a limited time.



Other fascinating videos available:

- The Master of Fighting
- Fighting From the Ground
- Knife Defense
- Knife Fighting and Throwing
- Defense Inside a Car
- Improvised Weapons
- Gun Disarming
- Defense Against Mass Attacks
- Hand-to-Hand Combat
- Russian Mega Fighting
- Holds Releases and Attacks
- Defense Against Weapons

The Russian System Guidebook



Send to: **V. VASILIEV**
137 Birch Ave., Richmond Hill,
Ontario L4C 6C5 Canada

Email: vasiliev@cyberion.ca

Fax: (905) 886-7634

www.russianmartialart.com

or call for a **Free Catalog (905) 886-0483**

Mat Time

BY KID PELIGRO

Ups and Downs

I have been training jiu-jitsu for over ten years and in that time I have had many ups and downs. Progress in this art seems to come in spurts of two steps forward and one step back. It seems that sometimes everything will seem to be going great - you can do no wrong and all your moves flow with ease. Then all of a sudden, just like a nightmare, everything doesn't work. Your opponents don't fall for your feints, your sweeps don't sweep, and you're stuck in a rut. Is this your problem sometimes? If so, how do you get out of it?

I have found out, over the years, that jiu-jitsu is just like life - with many peaks and valleys. For me, the important thing is to keep training and plow through the difficult times until the good times return. I have also observed that usually the ruts are followed by the big spurts of progress. So a rut for me is an incentive to train even more because of what lies ahead!

"I have found out, over the years, that jiu-jitsu is just like life - with many peaks and valleys."

"game" working, you start to perfect it, get the timing down, and then things work even better. You have greater and greater success with the same moves and the moves get sharper and sharper. As you start to feel good about yourself, the problem begins to take shape! The "problem" is that you aren't training with a "dummy" but rather with another human being who is intelligent and capable of recognizing what you are doing and adapting to your style and implementing counters. Soon, what was very successful doesn't work anymore and you are forced to change. And this is where the "rut" comes in.

As you learn new techniques and begin to implement them, your timing is not that sharp anymore; after all, these things are new to you and they will take time to fit into your game. At the same time, you stop using the old, successful techniques (because they weren't working anymore) and now you are stuck in no-man's land. You gave up your old stand-by moves and don't have the new weapons quite ready yet - your game sucks and you get frustrated and you feel like quitting. Believe me, been there, done that! Now how do you get out of this situation?

My personal experience has been that the quickest way to



get out of one of these ruts is to practice the new moves over and over with a willing partner. Repetition will help you get the timing of the technique and also let you understand the subtle nuances of each move until you have a full understanding of what you are doing and how to accomplish it. The next step, for me, is to start training with lighter, lower-level practitioners in the academy. The reason is so I can repeat the same positions over and over, without the fear that one mistake will cost me dearly. If you try to practice your new game against the best fighters in your school, chances are that it won't work and you will just give up and go back to the old stand-bys.

The last thing that I like to do to help out my mechanics and neuro-mechanical system, is to have specific exercises that mimic the moves that I have learned. That way I can repeat them over and over, even by myself. For example, if I was trying to add the "upa" (bridge escape from the mount), I can just do 10 or 20 bridges to each side. This way I can practice the move without needing a training partner. Then I can further the exercise and add twists and advanced movements.

Over the years I have learned a series of such exercises and it is my plan to someday put them together and show them to everyone. I'm sure you're all holding your breath - not! Until then, however, keep reading this column as I hope to show some of them in the near future whether you want them or not! Now go train!

Kid Peligro can be contacted at kidpel@yahoo.com

LIGHTNING
by PROFORCE

Headguards
\$31.95 ea.



Colors: Red, Black, White, Blue
Sizes: S, M, L, XL

NEW
COLOR

Colors
Red, Black
White, Blue
Sizes
Child,
S, M, L, XL

Punches
\$25.95 pr.



NEW
COLOR

Colors
Red, Black
White, Blue
Sizes
1 thru 14



NEW
COLOR

Kicks
\$25.95 pr.

Shin Guard \$19.95 pr.



Colors
Red, Black,
White
Sizes
Child/S, M, L

Shin and
Instep
\$24.95 pr.



Colors
Red, Black, White
Sizes
Child/S, M, L



Female Chestguard
\$29.95 ea.

Colors
Red, Black
One size
fits most



NEW
ITEM



NEW
ITEM



Male Chestguard
\$29.95 ea.

Colors: Red, Black Sizes: Child, S, L

Be safe. Be cool. Wear Lightning!

AWMA
Asian World Of Martial Arts, Inc.

11601 Caroline Road • Philadelphia, PA 19154
800-345-2962 • FAX 800-922-2962 • www.awma.com

Warning: Martial arts is a contact sport. Users of this gear are subject to personal injury. These products offer a degree of protection but are not warranted to protect the user from injury. Wearing a mouthguard is always recommended when using this equipment.

Lightning by ProForce® is the ultimate in sparring gear. 3/4" foam on headguard. 1/2" foam on all other pieces. Hook and loop closures on all gear allow for comfort and perfect fit. Crescent moon cutouts provide maximum flexibility. Size and color availability listed with items.

AWMA® accepts all major credit cards.



Dept. GRPL

Lightning® is distributed by AWMA® Available at finer schools and stores. SECURE ORDERING ON LINE www.awma.com • WHOLESALE PRICING AVAILABLE

FREE
192 PAGE
CATALOG
WITH ORDER!

Art of War

BY ART DAVIE

Sport or Spectacle?

What's the best way for mixed martial arts to grow? Do you market it as a sport or a spectacle? The original UFC, originally packaged as a spectacle, enjoyed high subscriber buy-rates on Pay-Per-View (PPV) TV. We reached the all time buy-rate high on UFC 5 when 286,256 viewers ordered it. But the attention it drew as a spectacle attracted media critics and politicians the way a wounded animal attracts hyenas and vultures. As UFC Commissioner, I added rules and weight classes to the "old" UFC in 1996 and we adopted 80 percent of the current rules in June 1997 in hopes of satisfying our enemies. The media circus and the cries for blood were too great, however, and the ban continued. The spectacle route proved to be a two-edged sword at best.

I remember when we finalized the choice to go the spectacle route. The place was director John (*Conan the Barbarian*) Milius' offices at Sony Studios in Culver City, California. The time was the summer of 1993 and in attendance were Campbell McLaren and

Bob Meyerowitz of SEG, John Milius, Rorion Gracie and yours truly. Campbell argued for spectacle as did John Milius. John said, "It's gotta be like the Christians and the lions." I leaned more towards "spectacle" because I knew we'd never get

American sportswriters to cover it no matter what we did - with few rules it would only be seen as fighting not sport. Bob Meyerowitz wanted it both ways! Rorion wasn't sure and remained neutral. Like most decisions by committee it was a compromise. But the media really decided it for us when SEG issued a press kit for the second UFC in Denver saying one of the ways the fights could end was "by death." SEG had definitely went too far! The chase was on after that to ban the UFC, no matter what we said or did to change it.

By selling "spectacle" we got front page coverage in every city we promoted in. We even got front page visibility in *USA Today* on 12/18/1995. I knew we wouldn't be covered in the sports pages, so that left the risky path of front page notoriety - and only spectacle could deliver that. As Lorenzo Fertitta said in a recent interview, "I'm not sure that there's anything they didn't really capitalize on...I have to give a lot



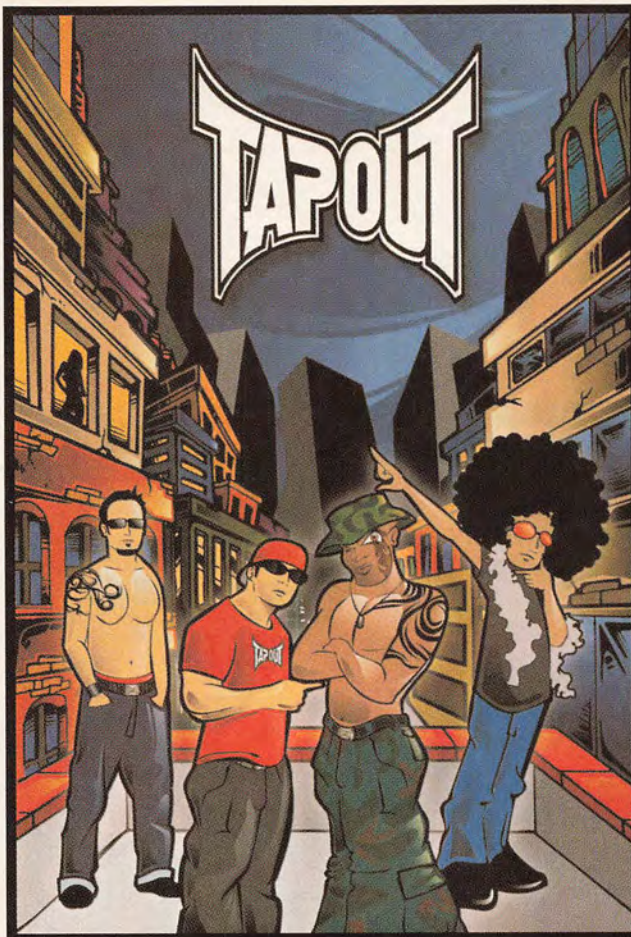
of credit to them for being as successful as they have been under the political firestorm that's gone on. There's not a lot they could've done differently."

Now, spectacle as a key marketing tool is finished - at least so far as the type of spectacle we used to promote the "old" UFC. The harder road of promoting MMA as a sport is now the chosen path - perhaps the only path. But as promoters of soccer can tell you, it's not easy to promote a new sport in North America. I think our sport has a duty now to begin the long, slow process of educating sportswriters about the physical chess game that is MMA. The UFC must lead the way. Hopefully this is part of their press relations strategy. At the very least, any of us can send a well-written letter to our local paper addressed to the boxing writer. Tell him our story and cover MMA's key points as an exciting new sport. MMA has to educate the press as well as fans if it ever hopes to grow.

The "new" UFC has, as of this writing, been back on INDEMAND Pay-Per-View TV twice. This was a return, for the franchise, to cable Pay-Per-View since banishment in the Spring of 1997. As cable has many more subscribers than satellite PPV, this was a crucial victory for the new UFC owners, Zuffa Entertainment. Based upon their latest shows, Zuffa is to be congratulated for gaining legitimacy for the

Continued on page 110

"It's gotta be like the Christians and the lions."



LETTING YOUR
FISTS

1/888.TAPOUT4
INYAFACE.COM

SIMPLY **Z** BEST

Cardio Mats
 Striking Arts Mats
 Combo Mats
 Grappling Mats
 Home Mats
 Puzzle Mats
 Landing Mats
 Pole Pads
 Wall Pads
 Tournament Mats



Call Toll Free: 800-989-8085 • Visit our Website: www.zebramats.com

Drill Bits

BY ERIK PAULSON

GRAPPLING MAGAZINE TECHNICAL ADVISOR

The White Belt Mentality

During my travels with Guro Dan Inosanto, I have heard him repeatedly say that, "Martial arts is the most humbling experience. The more you know, the more you know that you don't know. As soon as you think you're getting good at something, someone comes along and surprises you." Guro Dan keeps emphasizing the point that all martial arts practitioners, regardless of rank, should have a white belt mentality. This will always keep you hungry so you won't rest on your laurels, letting others pass you by. This concept is the same idea that is given in the children's story, *The Tortoise and the Hare*. You can think you're good, and you can be assured you're going to win, but if you stop training and stop evolving and consistently changing then you will eventually get passed by someone who might be less talented, but yet who trains regularly.

"The more you know, the more you know that you don't know. As soon as you think you're getting good at something, someone comes along and surprises you."

cutting edge of your art, work to create more efficiency in your techniques and training methods, and dedicate yourself to being as hungry on your 1,000th day of practice as you were on your 1st. If you do get burned out, you should rekindle the passion and love you feel for your art by creating new ways to learn and grow by using your creativity and imagination.

Creativity

You can create new methods and ideas in your training, by training with many other students who you might not be close friends with, thus assuring that you will be in for surprises. You'll be tried, trued, and tested - because if you try it and it doesn't work, then it isn't true and didn't pass the test. But since each person is different, you can then move to a different training partner and start again to develop your game. Moving from partner to partner gives a freshness to your training that will help you keep the edge, give you new



Consistency

The key word in not resting on your laurels is consistency. You should always stay on the

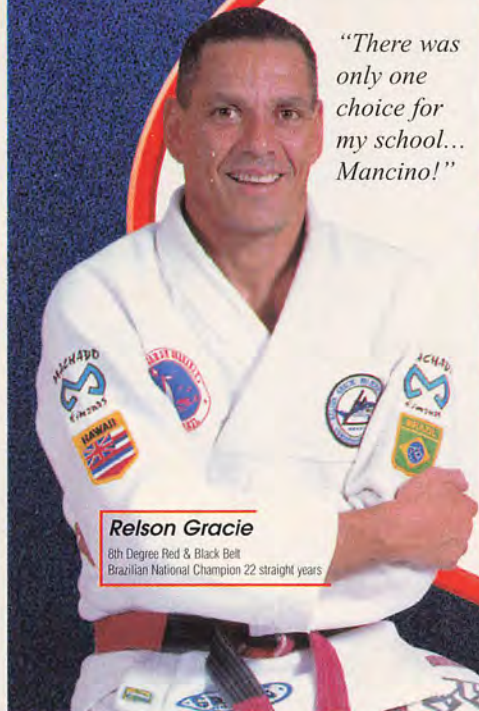
energy, and help to keep your interest. Other methods to grow and learn include teaching others, reading, competing, fighting, meditating and self-visualization, attending tournaments or fights as a spectator, and through dreaming. You can often find solutions to problems in the "sky library" that otherwise might elude you, which happens when you dream, or meditate.

Three Ways To Learn

There are three ways to learn. The first is through doing, the second is through receiving, and the third is by seeing. So in any situation you can always use one of these methods to come away with something useful. Remember that it is a process not a product that you are after and that will help you to maintain consistency and creativity. When your cup is full it will spill over, so leave it consistently empty so you'll always have a thirst to fill it up. If you do that, you'll be amazed at the results you'll get. Train hard, train smart!

For information on classes, seminars, or Erik Paulson training equipment visit www.erikpaulson.com, combatsubmissionwrestling.com, or call 310-785-5805.

Martial Arts Mats



Relson Gracie

8th Degree Red & Black Belt
Brazilian National Champion 22 straight years

"There was only one choice for my school... Mancino!"

Premium Takedown Mats

The Series 100 mat is the ultimate protection for throws, takedowns and grappling. Our **exclusive**, "two layer" polyethylene foam system provides over 2" of maximum shock absorbing protection.

	4' x 8'	\$199.00
Series 100	5' x 10'	\$294.00
	6' x 12'	\$452.00

Martial Arts Mat

The Series 200 mat is 2" thick of firm cross linked polyethylene foam and is made for throws and takedowns.

	4' x 8'	\$163.00
Series 200	5' x 10'	\$244.00
	6' x 12'	\$333.00

Traditional Martial Arts Mat

The Series 400 mat is 1-1/4" thick of cross linked polyethylene foam and provides excellent protection at an affordable price.

	4' x 8'	\$141.00
Series 400	5' x 10'	\$221.00
	6' x 12'	\$295.00

Prices do not include shipping and handling.

by



phone **800.338.6287**

fax **800.949.3595**

email **info@mancinomats.com**

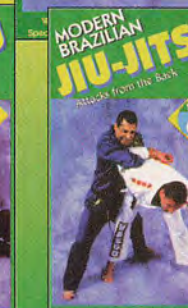
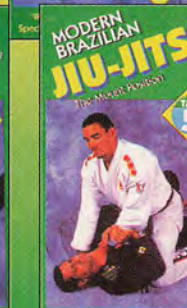
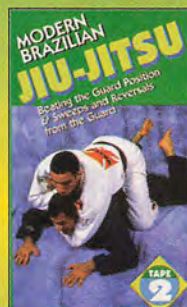
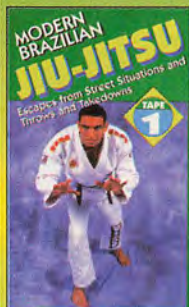
web **mancinomats.com**



Modern BRAZILIAN Jiu-Jitsu

WITH RODRIGO "COMPRIDO" MEDEIROS AND SPECIAL GUEST ROMERO "JACARE" CAVALCANTI

Since its revelation to the rest of the world in the 1980's Brazilian Jiu-Jitsu has taken the world by storm. Now, Rodrigo "Comprido" Medeiros, two-time open Brazilian jiu-jitsu champion, with the gracious assistance of Romero "Jacare" Cavalcanti, head coach of the Alliance, bring you Brazilian Jiu-Jitsu in its ultimate state of evolution. Comprido, direct from his native Brazil, explains each technique in the Portuguese language, which is then translated into English by Jacare as each technique is shown from a variety of angles.



Tape 1: Escape from Street Situations, Throws and Takedowns

Comprido & Jacare demonstrate today's version of Brazilian Jiu-Jitsu's counters to street attacks.
BZJJ01: \$39.95

Tape 2: Beating the Guard Position, Sweeps and Reversals from the Guard

Comprido & Jacare reveal techniques for breaking and passing the guard.
BZJJ02: \$39.95

Tape 3: Sweeps, Reversals & Submissions from the Guard

Comprido & Jacare reveal their arsenal of escapes and submission holds.
BZJJ03: \$39.95

Tape 4: Beating the Side-Mount and Escapes from the Bottom

Comprido & Jacare show how to defeat one of the most common & menacing holds..
BZJJ04: \$39.95

Tape 5: The Mount Position

Comprido & Jacare show the best counters, how to escape and how to apply submissions.
BZJJ05: \$39.95

Tape 6: Attacks from the Back

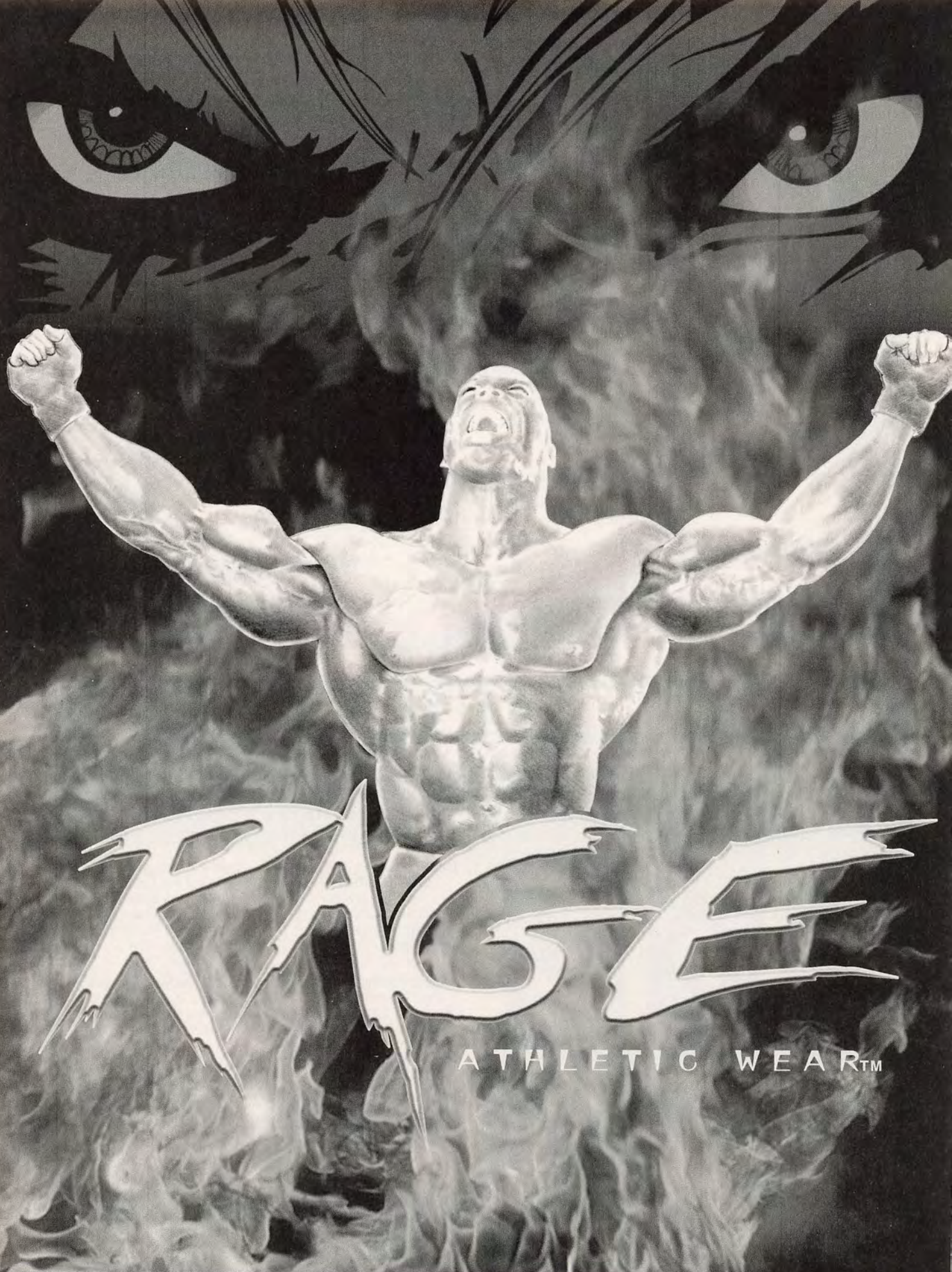
Comprido & Jacare show how to attack from the back and how to counter an attack from the back.
BZJJ06: \$39.95

All orders add \$4.50 for ship. & Hand.
CA residents add 8.25% sales tax.



To Order Call:

1(800) 332-3330 • fax: 1(818) 845-7761
4201 Vanowen Place, Burbank, CA 91505



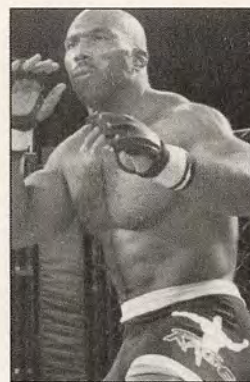
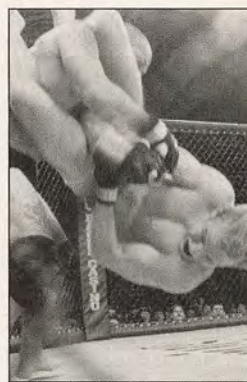
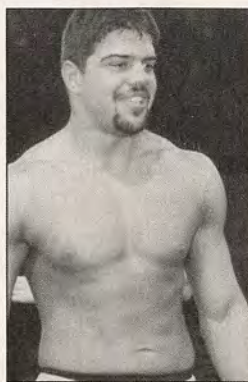
www.rage-athleticwear.com • Phone: 866-333-RAGE

"THE PREMIER MIXED MARTIAL ARTS COMPETITION"



WWW.KINGOFTHECAGE.COM

**MARCH 30th
SILVER LEGACY, RENO, NEVADA**



FOR RESULTS, CABLE, PAY PER VIEW OR TICKET INFO:

WWW.KINGOFTHECAGE.COM

★ TO BE CONSIDERED FOR KING OF THE CAGE COMPETITION SEND A NON RETURNABLE ★
DEMO VIDEO TO: KING OF THE CAGE 5395 BULLPEN DR. FONTANA, CA. 92336

No-Holds-Barred

BY EDDIE GOLDMAN

The Octagonal Money Pit

In a rather optimistic column some months ago about the challenges facing Zuffa, the company that owns the Ultimate Fighting Championship (UFC), I concluded with this caveat: "Zuffa's main challenge thus remains finding and sustaining avenues to educate, excite, and enthrall growing numbers of fans. The fate of MMA for at least the foreseeable future may hinge on how successful they are."

Since that column, much has happened. 2001 saw the UFC restored to its rightful place on U.S. cable television on pay-per-view, beginning with UFC 33 on Sept. 28. It achieved recognition as a legitimate sporting event and sanctioning by the Nevada State Athletic Commission, known as the most influential and meticulous of these various state commissions. UFC 33 also marked that company's debut show in

UFC seemed well on its way to living up to its old potential and moniker as the "sport of the future."

Las Vegas. UFC seemed well on its way to living up to its old potential and moniker as the "sport of the future."

But that same UFC 33 will not mainly be remembered as the breakthrough show that

it should have been. Instead, it will largely go down in history as one of the worst UFC's ever, with every televised fight going the distance and involving lots of slow hugging on the mat, but little action and no climactic finishes. Worse still, it will be enshrined in the sports and television Hall of Shame because the show was so poorly planned and managed that it exceeded the three-hour pay-per-view window allocated it, and was thus shut off midway through the main event to many viewers on cable television. Such a sophomoric blunder resulted in a battle between some customers and their cable companies over refunds, among the last things anyone involved in this business would want.

While the news got somewhat better with UFC 34, considered a successfully exciting and action-packed show for this genre, the damage had already been done. Hordes of casual fans who had returned to watching UFC after its enforced hiatus from cable, or who had watched it for the first time, were turned off by UFC 33. Television can be an unforgiving business.

Thus far UFC is the sole entrant and survivor in a high-risk category: a pay-per-view-only sport. No other sport or event has survived without regular televised shows on cable,



broadcast, or both. That is the most effective way to build up and educate the television audience about the stakes involved in the shows for which the company is trying to get them to pay. Absent that, it is indeed an uphill struggle to capture these viewers.

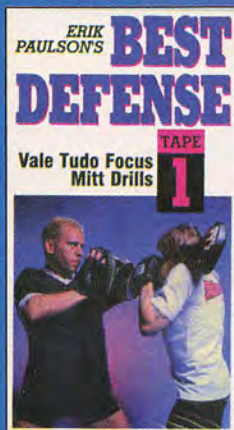
The initial viewership numbers for UFC 33 confirmed this view. In late October, a report issued by SET (Showtime Event Television) Pay Per View estimated that the total number of buys on both cable and satellite television for UFC 33 was approximately 40,000. The report summarized the U.S. pay-per-view event industry's revenue in the third quarter of 2001.

According to this report, the total revenue for UFC was \$1,198,000. If you take that figure and divide it by the price of UFC 33, which was \$29.95, the result is 40,000 buys total. This interpretation of these numbers was confirmed by Marina Capurro of SET. She also stressed that the figures in the SET report are "an estimate" derived from a variety of television industry sources. This figure also does not take into account any refunds for UFC 33 for having the show

Continued on page 106

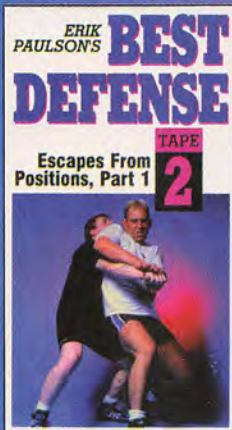
Erik Paulson's Best Defense

Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. He is not just someone who tells people how to train and fight, he speaks from experience and has taught, trained and fought all over the world. The Shooto World Light Heavyweight Champion for the past five years, Paulson has fought against and beaten some of the world's top fighters. Now one of the most sought after instructors in the world reveals his secrets in this one-of-a-kind video series.



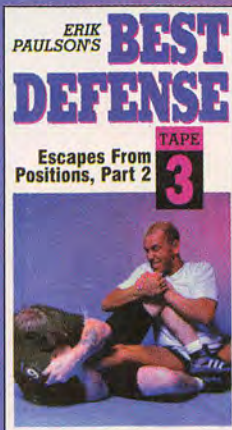
Volume 1: Vale Tudo Focus Mitt Drills

Erik shares his unique training sequences.
PAUL01: \$39.95



Volume 2: Escapes from Positions, Part 1

Erik shares his devastating arsenal of escape techniques. PAUL02: \$39.95



Volume 3: Escapes from Positions, Part 2

Erik shares more of his ingenious escapes. PAUL03: \$39.95



Volume 4: Counters to Finishing Holds, Part 1

Erik shows why there's no such thing as an unbreakable submission hold. PAUL04: \$39.95



Volume 5: Counters to Finishing Holds, Part 2

Erik reveals more secrets for turning the tables on your opponent. PAUL05: \$39.95

All orders add \$4.50 for ship. & Hand.
CA residents add 8.25% sales tax.



To Order Call:

1(800) 332-3330 • fax: 1(818) 845-7761
4201 Vanowen Place, Burbank, CA 91505

WE HAVE IT ALL!

MUAY THAI FIGHTING GEAR



"I guarantee that this is the BEST Muay Thai equipment you can get or I wouldn't put my name on it!"

-Kru Vut Kamnark

President United World Muay Thai Association



Thai Kicking Pads
Long 17" x 8 1/2" \$81.95
Regular 14" x 8 1/2" \$71.00



Thai Shorts (call for styles)
Size S, M \$21.95



L, XL \$24.95
3L, 4L \$26.95
5L \$28.95



Belly Protector \$64.95
Focus Mitts \$45.95
Leather Shin Pads (regular) \$54.95
Leather Shin Pads (Long) \$59.95
Head Gear \$54.95



Sparring Gloves (16 oz., velcro) \$60.95
Training Gloves (14 oz., velcro) \$52.95
Training Gloves (12 oz., velcro) \$52.95
Bag Gloves (Large) \$24.95
Bag Gloves (X-Large) \$26.95
Steel Cup (Large and X-Large) \$19.95
Ankle Supports \$12.95
Mongkol \$19.95
Thai Liniment \$8.50
Muay Thai Jump Rope \$15.00

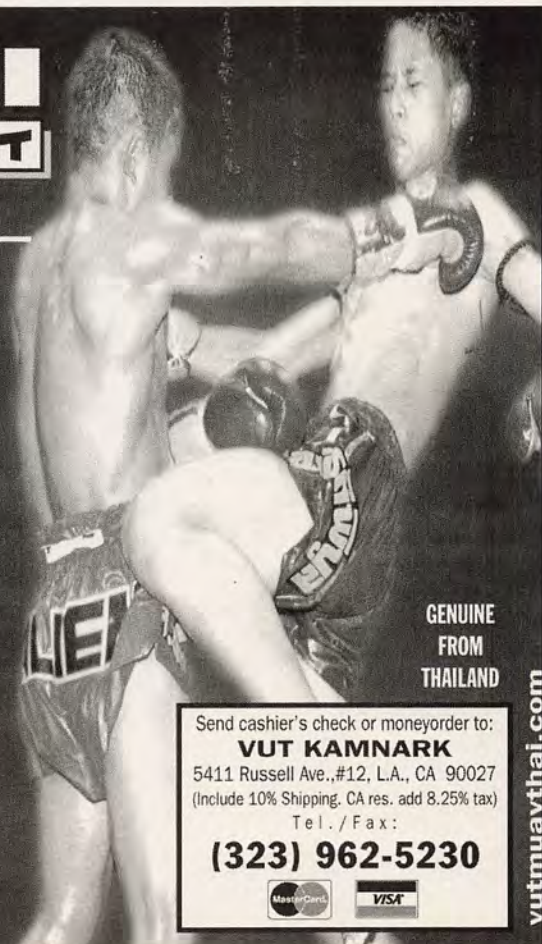


Muay Thai Patch (7 1/4" x 10") \$15.00
Muay Thai Patch (10" x 12 1/4") \$20.00
UWMTA Patch (3" x 3 1/2") \$9.00
Muay Thai Fight Music \$10.00
Hand Wraps \$3.99
Muay Thai T-shirt, blk., L, XL \$12.95
Muay Thai T-shirt, wht., L, XL \$10.95
Muay Thai Tank top, blk., L, XL \$10.95
Muay Thai Tank top, wht., L, XL \$10.95
Keychain \$5.00
Muay Thai Warmup Jacket \$45.95
Arm Band \$8.00

NEW!
Boxing Robe Set \$175.00
Muay Thai Statues (single) \$12.00
(Double) \$18.00
Muay Thai Music CD \$15.00
VUT Promotions 5 bouts Fight Video \$20.00
UWMTA Cap \$15.00
UWMTA Logo Knit Polo Shirt \$25.00
Muay Thai Ceremonial Fighter's Flowers \$10.00



NEW!
Muay Thai
Statues



GENUINE
FROM
THAILAND

Send cashier's check or money order to:

VUT KAMNARK

5411 Russell Ave., #12, L.A., CA 90027

(Include 10% Shipping. CA res. add 8.25% tax)

Tel./Fax:

(323) 962-5230



vutmuaythai.com

Ring Girl

OF THE MONTH

Dina Marie Vannoni

Model, actress, host, animal rights activist, Dina Marie Vannoni has made quite a name for herself. Born and raised in the San Francisco Bay area, Dina Marie got her start as a model when she started modeling swimwear at the ripe age of 16. She was soon discovered by some very prominent photographers and modeling agencies and soon became an international fashion model. In the late '90s, Dina Marie made the move to Los Angeles where she is based now. She began her career as a ring girl in Los Angeles, Hawaii, San Francisco, and Las Vegas, but her success quickly blossomed with representation from several model and talent agencies. Dina Marie soon began getting offers for many new television and movie projects.

Dina Marie's television career began when she was soon seen on many nationally syndicated TV series such as *Blind Date*, *Change of Heart*, and *Good vs. Evil*. The producers of the hit show *V.I.P.* have cast Dina Marie several times in the last two seasons. Viewers will also soon see Dina Marie on a new health and fitness television series called *Get Health-e TV*, as a co-host. Her exotic beauty continues to captivate audiences, and she continues to be featured in many magazines worldwide.

Dina Marie stays very active with numerous trade show appearances, charitable endeavors, and fashion shows. Recently, she was featured on *E! Entertainment* as a feature model for lingerie, and she also signed on as a spokes model for Marzocchi, an Italian company that is the world-leader in suspension systems for Mountain Bikes and motorcycles. Dina Marie has an athletic side too, where she's been known to be seen on many golf courses and driving ranges enjoying her new hobby, golf. Dina Marie is also an avid football fan, and loves the San Francisco Forty-Niners. Dina Marie also loves receiving mail, and encourages everyone to write her through her Web site or her P.O. box. We have a feeling that thousands of *Grappling* readers will soon be coming down with a bad case of writer's cramp!

Website: www.dinamarie.com

Mailing Address: P.O. Box 56, North Hollywood, CA 91603

Photos by Eric Freimanis, www.photoguy.net



UNIQUE PUBLICATIONS

MARTIAL ARTS BOOKS AND VIDEOS

Volume 4: Hong Be Chien and Se Mun Kua Sau

This tape includes:
• Advanced stances and footwork • Breakdown and demonstration of the Hong Be Chien ("Phoenix Tail Tension") and Se Mun Kua Sau ("Sweeping the Four Directions") empty-hand forms.

#NG004 • \$39.95 • 51 min.



THE FUNDAMENTALS OF PA KUA CHANG

FEATURING PARK BOK NAM

Vol. 1

The various components of pa kua chang's basic training. These exercises will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.

#PAK01 • \$39.95 • 53 min.



Vol. 2

Begins where Volume 1 left off, increasing the viewer's understanding of pa kua chang footwork, palm striking power, martial arts body movements, and chi kung internal energy development.

#PAK02 • \$39.95 • 57 min.



GAO STYLE BA GUA ZHANG: PRACTICE AND APPLICATION

FEATURING LUO DE XIU

All eight of the Gao Style Pre-Heaven Ba Gua changes, four different circle walking methods, numerous applications of the Gao style form, six of



the Post-Heaven, straight line Ba Gua forms from the Gao style and Ba Gua relaxation Qi Gong.

#GA001 • \$39.95 • 60 min.

GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU

FEATURING LEE KAM WING

Tape 1: Beginning Crushing Step

This tape reveals the "Crushing Step" (Bombo) form of Mantis Kung-Fu. All of the moves from several different angles, then explains all of the applications of this set.

#MANT01 • \$39.95 • 47 min.



Tape 2: Intermediate Big Wheel Fist

The Big Wheel Fist form (Dan Fa Che). Step-by-step instruction in the deceptive footwork and body positioning, and lightning fast strikes of Dan Fa Che.

#MANT02 • \$39.95 • 51 min.



Tape 3: Advanced Peach Flower Fist

The Peach Flower Fist (Tou Fa San). Step-by-step instruction in timing, sweeps, strikes, feints, evasions and other attributes.

#MANT03 • \$39.95 • 52 min.



HSING-I CHUAN

FEATURING GERALD A. SHARP

HSING-I CHUAN



Five Fists of Power, Part 1

Basic training of hands and stances; applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four

Variations of Bursting of the Jiang Rong Qiao system.

#HSI501 • \$39.95 • 60 min.

Part 2

Tape Two completes the Five Fists with applications and forms training for the Pounding and Crossing Fists, as well as the applications and forms for Two Linking forms.

#HSI502 • \$39.95 • 46 min.



Power Training

Hsing-I Standing Meditations (Zhan Zhuang): the Infinity Posture, Listening to the Sea, and the Bear Posture for developing energy, power, and health.

#HSIP • \$39.95 • 60 min.



Hsing-I Chuan 12 Animals, Part 1

All 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator.

#HSI1201 • \$39.95 • 52 min.



Part 2

This tape demonstrates applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear.

#HSI1202 • \$39.95 • 60 min.



HUNG GAR KUNG-FU (Tempting the Tiger)

FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles.

#HGAR01 • \$39.95 • 45 min.



IRON PALM TRAINING

FEATURING BRIAN GRAY

Part 1

Instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.

#IRON01 • \$39.95 • 53 min.



Part 2

Differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.

#IRON02 • \$39.95 • 42 min.



Part 3

The wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and a variety of iron palm fighting techniques.

#IRON03 • \$39.95 • 34 min.



KUNG FU SAN SOO

FEATURING GERALD OKAMURA

Volume 1

Volume one covers basic warm-up exercises, offensive and defensive stances, striking targets and the kicking attacks.

#KFSS01 • \$29.95 • 55 minutes



Volume 2

Intermediate warm-up, common grabs and responses, turning common objects into defensive weapons, intermediate strikes and their applications and sparring.

#KFSS02 • \$29.95 • 60 minutes

MONKEY KUNG-FU

FEATURING PAULIE ZINK

The "Monkey King of America" brings the art of Tai Shing Pek Kwar to the public in this one-of-a-kind series of home videos.

Volume 1: Monkey Kung-Fu Staff

Aspects and training methods of the Tai Shing Pek Kwar staff form. How to hold the staff, staff exercises, self-defense applications, and the complete Pek Kwar staff form.

#MON01 • \$39.95 • 35 min.

Volume 2: Fundamentals and Advanced Training

A detailed breakdown of both the basic and advanced techniques, movements, stances and exercises of both Tai Shing (Monkey) and Pek Kwar (Ax Fist) Kung-Fu.

#MON02 • \$39.95 • 53 min.

Volume 3: Forms and Applications: Mi Chung

Mi Chung, known as the "duck" and "drake" form, is an intricate Pek Kwar form that demonstrates both long-range and short-range strikes and movements.

#MON03 • \$39.95 • 37 min.

Volume 4: Forms and Applications: Small Plum Blossom

Small Plum Blossom is an advanced Pek Kwar form, invented by Pek Kwar founder Ma Chai Ho. Provides a combination of both short arm and long arm strikes and kicks.

#MON04 • \$39.95 • 37 min.

Volume 5: Forms and Applications: Leg Sweeping Form

In this tape, 5th generation Monkey master Paulie Zink provides a step-by-step routine for mastering this advanced form of the Pek Kwar art.

#MON05 • \$39.95 • 33 min.

Volume 6: Forms and Applications: Tai Tong

The Tai Tong (great earth) form is a must for serious Monkey kung-fu students. This "ground rolling" form is a prerequisite for learning the movements used in Monkey kung-fu, and is filled with ground rolling techniques and low postures.

#MON06 • \$39.95 • 36 min.

Volume 7: Fundamentals of Taoist Yoga

A variety of flexibility training and internal breathing exercises. You will also learn a variety of sitting, walking and breathing exercises, and the Five Transforming Energies.

#MON07 • \$39.95 • 57 min.

PAI LUM TAO

FEATURING GRANDMASTER GLENN C. WILSON

Pai Lum Tao's Ling Wood Chuan Form - Kung Fu

Intricate footwork, coupled with powerful crushing fist and slicing blade hands. From its flexible snake movements to its one leg crane, the stances of Ling Wood Chuan will enhance and build a stronger foundation.

#PAI01 • \$39.95 • 56 min.

Pai Lum Tao's Ghost Fist Techniques - Kung Fu, Intermediate Level

Learn to float past an attacker where they transform into the predator.

#PAI02 • \$39.95 • 58 min.

Pai Lum Tao's Short Tiger Form - Kenpo

The "short hand" training of Pai Lum Tao is the discipline of Bok Leen Pai Kenpo. This Kenpo training begins with Short Form of the Tiger and Movements of the Tiger.

#PAI03 • \$39.95 • 52 min.

Pai Lum Tao's Kuan Yin Form - Chi Kung

These ancient breathing patterns are found at the very nucleus of Pai Lum Tao's internal discipline of Pai Yung - Kuan Yin Chi Kung.

#PAI04 • \$39.95 • 56 min.

PRACTICAL CHIN NA

FEATURING TIM CARTMELL

Part 1

This tape features 20 different techniques used to lock the neck, elbow and shoulder.

#CHIN01 • \$39.95 • 60 min.

Part 2

Techniques used to lock the wrist, hips and knees. Plus set-ups, take-downs, follow-throughs, and pins in fighting situations.

#CHIN02 • \$39.95 • 60 min.

THE PRINCIPLES OF BA GUA ZHANG FIGHTING

FEATURING LUO DE XIU

Basic hand, body, and stepping exercises, palm changes, combat forms, and two-person sets which provide the foundation for using Ba Gua Zhang as a combat art.

#BAGUA01 • \$39.95 • 60 min.

SECRETS OF 7 STAR PRAYING MANTIS

FEATURING ALEX CO

Constructed of eighteen different styles, the praying mantis system of kung-fu is one of the most popular in China today.

Volume 1: Shi Pa Shou Form and Application

Included in this tape is:

- An introduction and history of 7 Star Praying Mantis
- Basic stances
- Explaining misconceptions about the mantis hand and proper hook positions and their uses
- Introduction to basic punching techniques
- Introduction to basic kicking techniques
- Demonstration of the complete Shi Pa Shou ("Eighteen Elders") empty-hand form

#7STR01 • \$39.95 • 46 min.

Order On-Line!
www.cfwenterprises.com

UNIQUE PUBLICATIONS

MARTIAL ARTS BOOKS AND VIDEOS

Volume 2 : Mei Hua Chien Form and Applications

Included in this tape is:
Advanced empty-hand palm strikes • Advanced mantis hook strikes • Advanced punches • Advanced kicks • The complete Mei Hua Chien empty-hand form • Fighting applications of the Plum Flower Fist

#7STR02 • \$39.95 • 52 min.



SHAOLIN FIGHTING THEORIES & CONCEPTS

FEATURING DOUGLAS WONG

Upper body development and body conditioning. Basic blocks, soft hand blocks and joint locking blocks. Learn hand strike combinations followed by fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.

DWON4 • \$39.95 • 58 min.



SPLASHING HANDS

FEATURING JAMES MCNEIL

Part 1

McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power, and puts it all together in a variety of self-defense techniques.

SH1 • \$39.95 • 48 min.



Part 2

McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.

SH2 • \$39.95 • 48 min.



TAI MANTIS KUNG FU

FEATURING SCOTT COHEN

Part 1: Hidden Techniques

Multiple applications not apparently seen in the technique. You'll learn how to create takedowns, traps, locks and counters from a few basic moves.

TAIM1 • \$39.95 • 58 min.



Part 2: No Holds Barred Combat

Learn the importance of timing, speed and power and how a smaller person can defeat a proper body mechanics!

TAIM2 • \$39.95 • 58 min.



XING YI NEI GUNG

FEATURING TIM CARTMELL

In this video, Tim Cartmell demonstrates the 16 health maintenance and power development exercises.

#XING • \$29.95 • 30 min.



MUAY THAI

COMBAT MUAY THAI

FEATURING WALTER "SLEEPER" MICHALOWSKI

Volume 1: Conditioning and Bag Drills

The exercises and drills found in Muay Thai can make anyone stronger, faster, more limber, with quicker reflexes.

#CMT01 • \$39.95 • 56 min.



Volume 2: The Thai Pad Workout

Thai Pad training develops power, speed, response time, hand and foot synergy, coordination, eye and body harmony, timing, and virtually every attribute of the fighter.

#CMT02 • \$39.95 • 61 min.



Volume 3: Fitness and Self-Defense

In this one-of-a-kind tape, Walter reveals his training secrets and some of his best street techniques.

#CMT03 • \$39.95 • 47 min.



MUAY THAI BOXING

FEATURING VUT KAMNARK

Muay Thai is the national sport of Thailand and one of the most feared ring sports in the world! Vut Kamnark is president of the United World Muay Thai Association and a respected trainer of champions.

Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous techniques of Muay Thai. Full explanations are given on the different kinds of training gear and how to use them including: ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.

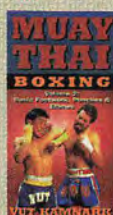
MTB01 • \$39.95



Volume 2: Basic Footwork, Punches & Elbows

You'll learn the on-guard stance, basic footwork, the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

MTB02 • \$39.95



Volume 3: Kicks & Knees

The push kick and its variation, and Muay Thai's trademark, the round kick. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering knee strikes from all angles concludes this tape.

MTB03 • \$39.95



Volume 4: Fighting Techniques

Shadow boxing, and how to defend against all attacks and develop an arsenal of counter combinations. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.

MTB04 • \$39.95



SAVATE

SAVATE

FEATURING NICOLAS SAIGNAC

Volume 1: Basics

The basic punches, kicks, blocks and combinations of Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.

SAV01 • \$39.95 • 53 min.



Volume 2: Workout

A progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. This is an excellent workout for both men and women.

SAV02 • \$39.95 • 60 min.



SELF DEFENSE

ESSENTIAL SELF-DEFENSE

FEATURING STEVE GRODY

Part 1

Attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Major hand strikes and angles, low-line kicks and knee attacks, with evasive moves like slips and basic covers and parries.

GR01 • \$39.95 • 53 min.

Part 2

Starts by working the focus gloves to teach the principles of defending and countering hand attacks. Progresses to hand defenses with kick follow-ups.

GR02 • \$39.95 • 53 min.

Part 3

Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.

GR04 • \$39.95 • 53 min.

Part 4

Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.

GR05 • \$39.95 • 53 min.

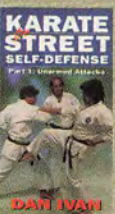
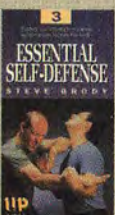
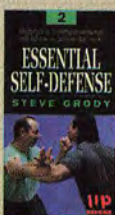
KARATE FOR STREET SELF-DEFENSE

FEATURING DAN IVAN

Part 1: Unarmed Attacks

Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. In this tape he presents an easy to learn system of street survival. Learn strikes, blocks and kicks and how to use them in street situations.

KSD01 • \$39.95 • 53 min.



Part 2: Weapons

Techniques designed to help you escape or disarm an opponent armed with a weapon. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life.

KSD02 • \$39.95 • 50 min.

R.O.C.

FEATURING GREGG WOOLDRIDGE

Part 1

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. In this tape, Gregg Woolridge teaches you the foundation of R.O.C.: body positioning and body manipulations.

RS1 • \$39.95 • 45 min.

Part 2

Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included.

RS2 • \$39.95 • 50 min.



SELF-DEFENSE FOR WOMEN

Simple Street Proven Concepts That Work

FEATURING JUNE CASTRO

An accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.

SDW • \$39.95 • 59 min.

YOUR BEST DEFENSE

FEATURING DEBORAH MAGONE

In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense.

SDEFS • \$39.95 • 45 min.

SILAT

THE DEADLY ART OF PENJAK SILAT-SERAK

Maha Guru Victor deThouars

These are the first authorized tapes offered to the public revealing the Indonesian art of penjak silat.

Vol. One

This tape features the history of Pentjak Silat, stretching, empty hand fighting, stick fighting, coconut and bat breaking, and advanced Serak techniques.

PJS01 • \$49.95 • 55 min.

Vol. Two

This tape features street fighting, attack and counterattack techniques, forms, grappling, and a special demo by Dan Inosanto.

PJS02 • \$49.95 • 55 min.

KALASAG KUNTAO SILAT Filipino/Indonesian Martial Arts

FEATURING ROBERTO TORRES

Part 1: Fundamentals

Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).

KKS01 • \$39.95

Part 2: Sayaws (Forms)

All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. You'll learn to use your basic skills and the principles to create your own combinations.

KKS02 • \$39.95

Part 3: Buno (Grappling)

Learn the principles of balance and manipulating the centerline. Roberto teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).

KKS03 • \$39.95

Part 4: Sandatas (Weapons)

The use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.

KKS04 • \$39.95



UNIQUE PUBLICATIONS

MARTIAL ARTS BOOKS AND VIDEOS

PENCAK SILAT RATU ADIL

Combination Techniques
FEATURING RUDY TERLINDEN

Part 1

Rudy Terlinden studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn footwork to position you to apply counterattacks and effortless takedowns. Included are the forms Pukulan number one and two plus a variety of self-defense techniques.

TERL1 • \$39.95 • 58 min.

Part 2

Rudy Terlinden teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.

TERL2 • \$39.95 • 58 min.



TAEKWONDO

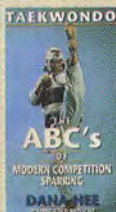
TAEKWONDO

FEATURING DANA HEE

The ABC's of Modern Competition Sparring

Learn how to develop the timing and explosive speed that helped Dana Hee win the lightweight fighting division in the 1988 Olympic Games.

TKDS01 • \$39.95 • 42 min.



Training Drills for Modern Competition Sparring

Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed as taught by '88 Olympic coach, Sang Chul Lee.

TKDS02 • \$39.95 • 57 min.



Fighting Strategies for Modern Competition Sparring

Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.

TKDS03 • \$39.95 • 59 min.



TAE KWON DO FOR KIDS

FEATURING PAUL KIM
California's Paul Kim is considered one of the world's top authorities when it comes to teaching children. If you're a young student, an instructor, the parent of a student, a beginning, intermediate or advanced practitioner, you can't afford to miss this series.

Volume 1: Beginning Level

The basic moves, footwork and kicks, and how to effectively teach them to children.

#TKDK01 • \$39.95 • 58 min.



Volume 2: Intermediate Level

Combinations, forms, and intermediate level techniques.

#TKDK02 • \$39.95 • 58 min.



Volume 3: Advanced Black Belt level training.

#TKDK03 • \$39.95 • 58 min.



Volume 4: How to Make Classes Interesting

A primer for students and instructors alike on how to maintain enrollment and keep classes fun!

#TKDK04 • \$39.95 • 58 min.



TIM CONNOLLY'S GOLD MEDAL TAE KWON DO

FEATURING TIM CONNOLLY

Tim is currently a member of the Olympic Committee. Recently, he took on his greatest challenge when he was invited to the People's Republic of China to train China's Olympic Tae Kwon Do team.

Tape 1: Mastering the Basics

The basics needed to build a strong foundation, such as kicks, strikes, and basic motion.

#GTKD01 • \$39.95 • 54 min.



Tape 2: Developing your Tools

The all-important fundamentals of timing, distancing and reveals his arsenal of effective drills for developing these skills.

#GTKD02 • \$39.95 • 55 min.



Tape 3: Intermediate Drills

A series of drills designed to further enhance your skills, specific situations and how to identify and anticipate various forms of attack and defense.

#GTKD03 • \$39.95 • 45 min.



Tape 4: Sparring Techniques and Strategies

"Controlling the game." How to maintain control of the match, and instantly read your opponent's intent. A MUST for any serious competitor!

#GTKD04 • \$39.95 • 54 min.



Tape 5: More Advanced Sparring Strategies:

Tim progresses into more advanced strategies, including how to recognize and overcome your opponent's strategy.

#GTKD05 • \$39.95 • 45 min.



Tape 6: Advanced Kicking Drills

An amazing series of kicking drills which can be practiced by beginners, but will be a challenge even for the advanced. Tim and his team of world champion black belts reveal their own unique personal drills, and how YOU can follow in their footsteps.

#GTKD06 • \$39.95 • 51 min.



TAI CHI CHUAN

CHEN STYLE TAI CHI

FEATURING JAMES MCNEIL

Part 1

The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil breaks down the first 22 moves and shows the self-defense applications of each move.

#MN1CTC • \$39.95 • 48 min.



Part 2

In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.

#MN2CTC • \$39.95 • 48 min.



COMBAT TAI CHI

FEATURING MARK CHENG

Mark Cheng has researched the applications of the Yang style long form since his childhood. He illuminates many of the secrets of full-body fighting in combat Tai Chi.

Volume 1: Basic Drills & Straight Line Theory

The foundation for your Tai-Chi training. Techniques of the first section of the Yang style long form in fine detail.

#CTC01 • \$39.95



Volume 2: Straight Line Combat

Soft blocking, palm striking, reverse joint-locking and dislocations, the Tai-Chi fist structure, and rolling kicks.

#CTC02 • \$39.95



Volume 3: Angular & Reverse Angles of Encounter

Walking drill patterns of angular and reverse footwork set up more devastating throws, strikes, and locks.

#CTC03 • \$39.95



Volume 4: Deceptive Kicks & Power Throwing

The kicking section. Also throws, like "Strike Tiger" that will send your opponents flying.

#CTC04 • \$39.95



Volume 5: Spiral Motion & Advanced Principles

Spiral motion. Tai-Chi's coiling and un-coiling motions, the "4 Corners Drill".

#CTC05 • \$39.95



Volume 6: Combining the 4 Pillars of Tai Chi

Combining the 4 Pillars of Tai-Chi.

#CTC06 • \$39.95



COMBINED TAIJIQUAN IN 48 FORMS

FEATURING WEN-MEI YU

Pt. 1: Forms 1-19

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.

TC481 • \$39.95 • 58 min.



Part 2: Forms 20-48

In this tape, Wen-Mei Yu continues with movements 20-48.

TC482 • \$39.95 • 58 min.



TAIJIQUAN FORMS

FEATURING JIANG JIANYE

Shifu Jiang Jianye started his study of wushu when he was five, learning from well-known masters such as Yu Mingwei and Yu Hai.



Yang Style Tai Chi: 10 Forms

10 postures from the Yang family form

#YANG10 • \$34.95 • 54 min.

Traditional Yang Style Tai Chi: Part 1

YANG01 • \$44.95 • 100 min.

Traditional Yang Style Tai Chi: Part 2

#YANG02 • \$44.95 • 100 min.

24 Forms: Tai Chi Simplified

Standard Yang Style

#24TCS • \$34.95 • 90 min.

32 Step Tai Chi Sword

10 famous postures from the Yang family form

#32TC • \$39.95 • 54 min.

Chen Style Tai Chi: 10 forms

10 famous postures from the Chen family form

#CHEN10 • \$34.95 • 54 min.

Traditional Chen Broadsword

A classic weapon routine

#CHEN01 • \$39.95 • 70 min.

Silk Reeling: 18 Postures

For all tai chi styles

#SR18 • \$39.95 • 71 min.

Wu Style Tai Chi: 10 Forms

10 famous postures from the Wu family form

#WUT10 • \$34.95 • 54 min.

Traditional Wu Style Tai Chi: Part 1

100 forms

#WUT01 • \$44.95 • 120 min.

Traditional Wu Style Tai Chi: Part 2

#WUT02 • \$44.95 • 120 min.

Wu Style Tai Chi

Competition Form

#WUC01 • \$49.95 • 100 min.

Sun Style Tai Chi: 10 forms

10 famous postures from the Sun family form.

#SUN10 • \$34.95 • 57 min.

Sun Style Tai Chi

Competition Form

#SUNTC • \$49.95 • 82 min.

Traditional Sun Style Tai Chi: Part 1

#SUNT01 • \$44.95 • 100 min.

Traditional Sun Style Tai Chi: Part 2

#SUNT02 • \$44.95 • 100 min.

Wu (Hao) Style Tai Chi: 10 forms

10 famous postures from the Wu (Hao) family form

#HA010 • \$39.95 • 60 min.

Traditional Wu (Hao) Style Tai Chi: Part 1

#HA001 • \$44.95 • 100 min.

Traditional Wu (Hao) Style Tai Chi: Part 2

#HA002 • \$44.95 • 95 min.

Essence of 5 Tai Chi Styles: 48 Form

#STC48 • \$39.95 • 102 min.

Tai Chi Broadsword

Yang & Wu combined

#TCSW • \$39.95 • 55 min.

Basic Tai Chi Form: Part 1

For Beginners & Seniors

#BTC01 • \$34.95 • 63 min.

Basic Tai Chi Form: Part 2

#BTC02 • \$34.95 • 67 min.

Double Dragon Sword

#DDSW • \$34.95 • 54 min.

QIGONG FORMS

Eight Section Brocade

Song Dynasty Qigong

#8SEC • \$39.95 • 76 min.

Yin-Yang Medical Qigong Beginner

#YY01 • \$34.95 • 75 min.

Yin-Yang Medical Qigong Intermediate

#YY02 • \$39.95 • 100 min.

Advanced Yin-Yang Medical Qigong

Maintain health & vitality

#YY03 • \$44.99 • 120 min.

OTHER INTERNAL FORMS

Cascade Palm BaguaZhang

Cheng family form

#CPALM • \$39.95 • 58 min.

Bagua Broadsword

YinYang and Bagua theory

#BABR • \$39.95 • 70 min.

Mu Lan Single Sword

Blends dance & tai chi sword

#MULS01 • \$44.95 • 95 min.

Mu Lan Single Fan

Dance, fan & tai chi

#ULF01 • \$44.95 • 85 min.



Grappler's Grapevine

UFC Announces Rules Changes to Speed Matches

The Ultimate Fighting Championship and the Nevada State Athletic Commission announced rules changes to speed up UFC matches and further increase fight excitement. Veteran UFC referee John McCarthy stated that the rules changes will allow referees to initially warn and then call for fighters to break and restart if in the referee's judgment the fighters are locked in a stalemate and are unable to improve their position in order to bring the fight to an end. Previous UFC rules prohibited referee interference other than in instances of fouls or fighter injuries. Referees now have the discretion to break and restart fights that become stalled by ongoing holds in which neither fighter is able to maneuver in a way that would allow them to actively continue. "These new rules are being implemented to make UFC matches more fan friendly and to speed up the action," said Marc Ratner, Executive Director, Nevada State Athletic Commission. Under the new rules there will be no allotted time limit on holds prior to a referee calling for a break. Rather, the referee



will have sole discretion over ensuing stalemates in the action and be given authority to restart the fight with fighters in a standing position in order to keep the action moving forward. "The UFC is committed to bringing together the world's most talented mixed martial arts athletes and providing the best fighting action for the fans," said Dana White, President, ZUFFA, LLC.

Grappler's Edge Wins 6th U.S. National Team Title

The Grappler's Edge Jujitsu Academy of Denver, CO triumphed at the "2001 GRAND NATIONALS" Martial Arts competition held at Purdue University in Ft. Wayne, IN, on May 11-12, 2001. The tournament was hosted by Mr. Larry Shutt, and was sanctioned by the USA Federation of Pankration Athlima (USAFPA). The Grappler's Edge Team earned more top three finishes than any other team in the Men's Open (Black Belt) Grappling Division, which enabled them to capture this year's Grappling Team Title. Nick Marr (son of Grappler's Edge Coach Mr. Sheldon Marr) was also awarded the "Dave Schultz Memorial Cup" as the tournament's Outstanding Grappler. The Grappler's Edge Team have now won 6 U.S. National Jujitsu and/or Grappling Team Titles to date. Keith Hackney's Team (Hackney's Reality Combat, Rosselle, IL) captured the Pankration Team Title at this year's event.

Nick Marr 1st Place	Teen	Open Grappling
James Dinette 2nd Place	154lbs	Open Grappling
Eric Koble 1st Place	169lbs	Open Grappling
Steve Stobaugh 3rd Place	189lbs	Open Grappling
Craig Pumphrey 2nd place	Hvywt	Open Grappling
Craig Pumphrey 1st Place	Hvywt	Open Pankration

ISA (International Self-Defense Alliance) Grand Opening



Instructors: Javier Arrieta, Alan Montuya, Eva Canete-Rubia, Ed Wedding, Fernando Vasconcelos, and Ramon Rubia.

The ISA (International Self-Defense Alliance) opened its doors in January, 2002. Professional instruction in Thai boxing, Brazilian Jiu-Jitsu, and Doce Pares Eskrima/Arnis. Located at: 10060 E. Rosecrans Ave. in the city of Bellflower, CA 90706. Call (562) 925-1981 or visit www.isamartialarts.com for more information.



Back row (L-R) Assistant Coach Mike Nuss, Steve Stobaugh, Craig Pumphrey, Coach Sheldon Marr. Front row (L-R) Eric Koble, Nick Marr, James Dinette.

Continued on page 32



EMIN BOZTEPE MARTIAL ARTS SYSTEM AMERICAN ESCRIMA & WINGTSUN ORGANIZATION

980 N. La Cienega Blvd. # 301, Los Angeles, CA 90069
Ph: 310-854 6130 Fax: 310-854 6123 E-mail: aewtohq@aol.com
Web: www.wingtsun.net



Learn Today The Best Self Defense Of Tomorrow, Emin Boztepe Wing Tsun & Latosa Weapon System

SEMINAR LIST 2001

AUGUST 2001

8/31 ERLANGEN GERM/D. Dotremay
+49 9115181542

SEPTEMBER / 2001

9/01 KASSEL GERM + ESCR/H. Ciftci
+49 561 711489
9/02 BREMEN GERMANY + ESCR/N. Thate
+49 421 4675800 or 613171
9/07 BIELEFELD GERM/A. Kesting
+49 5231 32675
9/09 AACHEN/KOELN GERM. + ESCR/R.Akcaay
+49 241 9010889 or 160 2417404
9/14 MANHEIM GERM/J. Simeonidis
+49 621 306148 or 171 9181799
9/16 HAMBURG GERM + ESCR/A. Sarabi
+49 540 6525 or 172 9660979
9/21 CHICAGO IL + ESCR.
9/22 ATLANTA GA + ESCR.
9/23 S.ANTONIO TX GM R L Escr
9/29 OGDEN UT
9/30 BELLINGHAM WA

OCTOBER / 2001

10/05 EBMAS-AWTO HQ
10/06 EBMAS-AWTO HQ + Escr.
10/07 EBMAS-AWTO HQ + Escr.
10/12 SEATTLE WA
10/13 FAIRBANKS, AK + Escr.
10/14 ANCOURAGE, WA + R. Latosa
10/19 MANHEIM GERM/J. Simeonidis
+49 621 306148 or 171 9181799
10/20 ERLANGEN GERM + Escr/D. Dotremay
+49 9115181542
10/21 KASSEL GERM EBMAS HQ+Escr/H. Ciftci
+49 561 711489
10/26 ECKERFOERDE GERM./M. Wassmann
10/27 BREMEN GERM + Escr/N. Thate
+49 421 4675800 or 613171
10/28 COPPENHAGEN + Escr/Bahattin
+45 21723836

NOVEMBER / 2001

11/02 TORINO ITALY
11/03 TORINO ITALY + ESCRIMA
11/04 ISTAMBUL TURKEY + ESCR.
11/09 ACAPULCO MEXICO
11/10 ACAPULCO MEXICO + ESCR
11/11 ACAPULCO MEXICO + ESCR
11/17 EBMAS HQ LA GM RL ESCR
11/18 GLENDALE CA DRAGON FEST
11/23 CALGARY AL CANADA
11/24 TORONTO OT CAN. + ESCR
11/25 TORONTO OT CAN. + ESCR
11/30 MIDLAND TX

DECEMBER / 2001

12/01 MIAMI FL.
12/02 NEW YORK, NY + ESCR
12/08 OGDEN UT
12/09 BELLINGHAM WA + ESCR
12/14 EBMAS HQ LA CA
12/15 & 6 EBMAS HQ LA GM RL ESCR

For more info call LA EBMAS HQ or **AUTHORIZED SCHOOLS AND WORKING-
call:**

Mexico: EBMASHQ: Martin Arzate
+1-527-4404952 E-mail: arzate01@latinmail.com

Canada: Asad Mir, +1-416-253 5443
E-mail: wt-toronto@home.com

Chile: Andres Wolmud,
E-mail: wingsunchile@hotmail.com

Argentina: In Progress

Brasil: In Progress

Germany: EBMAS HQ: +49-5231-32675
E-mail: ankesting@t-online.de

Italy: Yasin Mengeloglu,
E-Mail: wt-yasin@gmx.de

Sweden, Norway: Sifu Hasan Ciftci, +49-561-711480
E-Mail: 520073315978-0001@t-online.de

Finland: In Progress

Danmark: In Progress

Austria: In Progress

Swiss: In Progress

France: David Dotremey,
E-mail: team.doutremay@t-online.de

England: Master Steve Tappin,
E-mail: emas@easynet.co.uk

Walles: In Progress

Ireland: In Progress

Schotland: In Progress

Turkey: EBMASHQ: Yuksel Sonmez,
E-mail: ebmas_y_sonmez@hotmail.com

Hungary: In Progress

Romenia: In Progress

Slovakia: In Progress

Russia: In Progress

Estonia: In Progress

Iran: In Progress

Irak: In Progress

Tunesia: In Progress

Spain: In Progress

Portugal: In Progress

ALASKA Martin Odsather, Anchorage (907) 349-2986, Alan Kelley, Fairbanks (907) 458-0100, Mark Oathout, Wasilla (907) 373-6691.

CALIFORNIA Jeffrey Cox, Humboldt County (707) 445-8108, Jeremy Cruz, Eureka (707) 476-8602, Los Angeles / AWTO HQ (310) 854-6130, Colin Silverman, Santa Barbara (805) 966-2677, Quincy Johnson, San Diego (818) 929-3779, Steve Buck, Santa Rosa (707) 758-8959, Matthew Smith, Vacaville (209) 712-3135, David Jones, Vacaville (707) 592-4921, Dennis Bone, Windsor (707) 838-0789.

COLORADO Edward C. Long, Denver, Colorado Spring (303) 283-6410. **FLORIDA** Joe Goersmeyer, Miami / Pembroke Pines (954) 443-4189. **GEORGIA** Michael Palmer, Atlanta (770) 520-2415. **IDAHO** Lawrence Magorty, Boise (208) 672-1476.

ILLINOIS Ingo Weigel, Chicago (312) 498-1982. **KENTUCKY** Rod Griffin, Louisville (502) 538-8564, Tim Weible, Mt. Washington, (502) 538-2668, James Worley, Hopkinsville (270) 881-5044. **MICHIGAN** Anne Weinschrod, Royal Oak (248) 589-0722. **MONTANA** Derek S. Penning, Billings (406) 245-4018, Leo E. Boyce, Billings. **NEW JERSEY** Jeff Kirschner, Chester (973) 252-1236. **NEW YORK** Aly Flores, Long Island (516) 379-9854, Milan Jevic, New York City/Brooklyn (212) 439-4862, Ari Kandel, Columbia (212) 853-9476. **TENNESSEE** John Michael, Bristol (540) 645-1094, Thomas Mossbeck, Chattanooga (423) 396-2491, Keith Fain, Clarksville (931) 552-6447. **TEXAS** Graham Weedon, Dallas (972) 398-3160, David Lesser, Midland/Odessa (915) 687-6973, Laird Tump, San Antonio (210) 862-1637, Mauricio Blake, San Antonio (210) 269-6632 or (210) 590-6869, Nico Lahood, San Antonio (210) 316-6316 or (210) 613-6316. **UTAH** Brian Nielsen, Ogden (801) 621-0362. **WASHINGTON** Martin Gonzalez, Bellingham (360) 650-9584, Eric Artzt, Bellevue (425) 867-5372, Chris Mackey, Roy (253) 843-9490, Matthew Menn, Vancouver (360) 993-4993. **CANADA** Asad Mir, Toronto (416) 253-5443, Randy Klyne, Calgary (403) 236-9656. **JAMAICA** Claus Fey, Montego Bay (876) 953-3548. **MEXICO** Martin Arzate, Acapulco/Michoacan/Chilpancingo 7-440-4952.

MEXICO: EBMAS HQ CONTACT:
PROF. MARTIN AZARTE
REGISTRATION FOR EBMAS
MEMBERSHIP AND SCHOOL'S
PH: +1-527-4404952
E-MAIL: arzate01@latinmail.com

**LATOSA
WEAPON
SYSTEM**



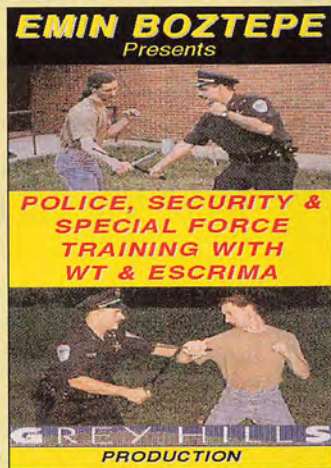
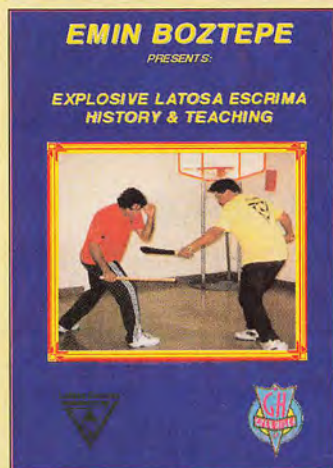
**EMIN
BOZTEPE
WINGTSUN**



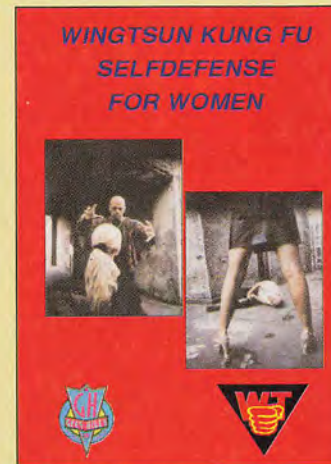
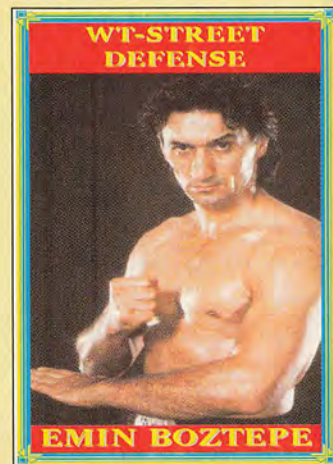
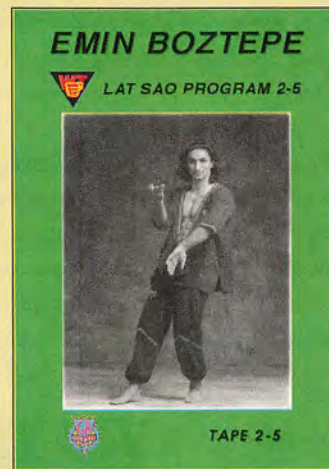
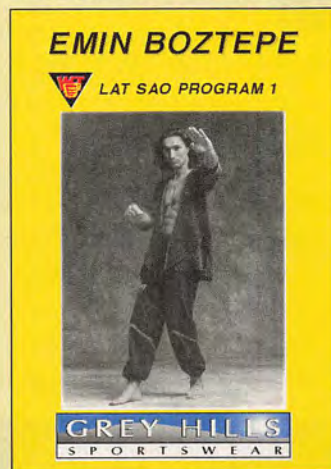
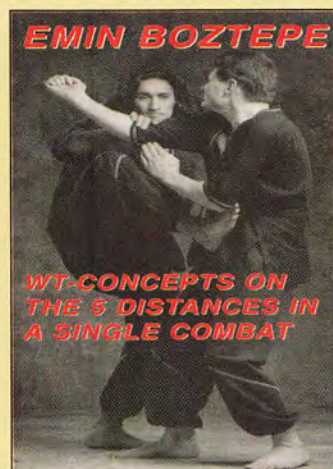
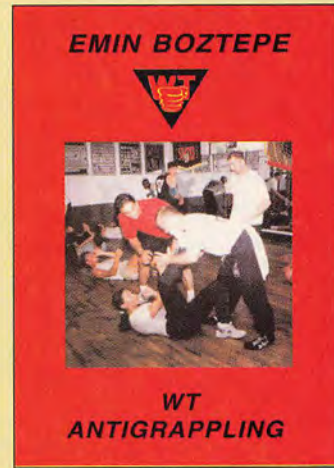
VIDEOS by EMIN BOZTEPE

EBMAS=EMIN BOZTEPE MARTIAL ARTS SYSTEM

GREY HILLS



THIS VIDEO WILL BE AVAILABLE IN 2002



980 N. LA CIENEGA BLVD. # 301 • W. HOLLYWOOD, CA 90069

PH: 310-854 6130 FAX: 310-854 6123

E-MAIL: aewtohq@aol.com • WEB PAGE: www.wingtsun.net

For Europe: (PAL System) Call: Frank Krueger Ph: + 49-561-25086

Fax: + 49-561-25480 E-mail: greyhillseurope@t-online.de

BOOKS, VIDEOS AND MARTIAL ARTS SUPPLIES, CALL FOR MORE INFO

Grappler's Grapevine

Continued from page 29

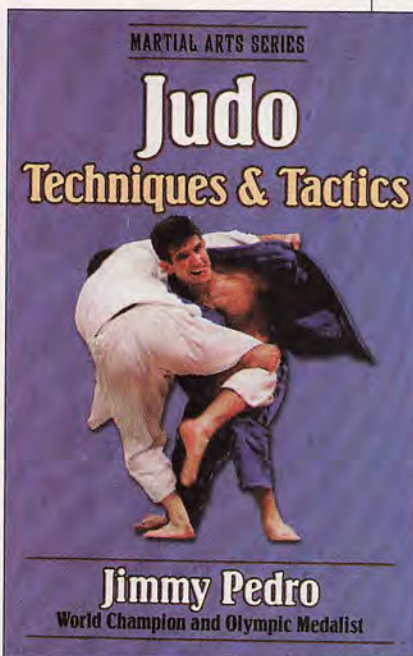
book review

Judo Techniques & Tactics, by Jimmy Pedro

For any grappler wanting to master the fundamentals of the art of judo, *Judo Techniques & Tactics* is the resource to do it. This complete, easy to understand manual provides everything needed to start learning the art of judo. Focusing on beginning and intermediate grapplers, the book explains judo's history, terminology, and customs, and also provides special insights and recommendations on competition and conditioning. Author Jimmy Pedro offers solid instruction from the basic pivot to more difficult throws.

A fifth-degree black belt, Pedro has been the top-ranked American judoka for the past decade. He has won national titles five times, is the 73 kg world champion, a three-time Olympian, and the 1996 Olympic bronze medallist. A judo practitioner for over 25 years, Pedro presents training guidelines to build a strong foundation for moving on to advanced judo techniques. The valuable insights, comprehensive guidelines, and thorough tactics make *Judo Techniques & Tactics* an effective teaching book and a helpful reference and teaching tool for grappling instructors of any style. Starting with a chapter on falls and throws, Pedro moves into such topics as stances and grips, holds and pins, chokes and joint locks, and counters and combinations. Each chapter is illustrated with clear black and white photos and shows Pedro performing several examples of each concept, along with expert commentary and advice on strategy, set-up, and finishing.

One of the most ferocious competitors to ever step onto the grappling mat, Pedro's advice comes from the perspective of competition and combat, and so is practical, concise, and effective. Although oriented towards sport judo, the techniques can easily be adapted to submission wrestling, sport jiu-jitsu, or even mixed martial arts or no-holds-barred fighting. Any grappler who is currently into cross-training should



strongly consider obtaining a copy of Pedro's book. Judo is an often overlooked art in the grappling community, but any person who picks up a copy of *Judo Techniques & Tactics* will be guaranteed to gain an edge over those grappling competitors who choose to ignore it.

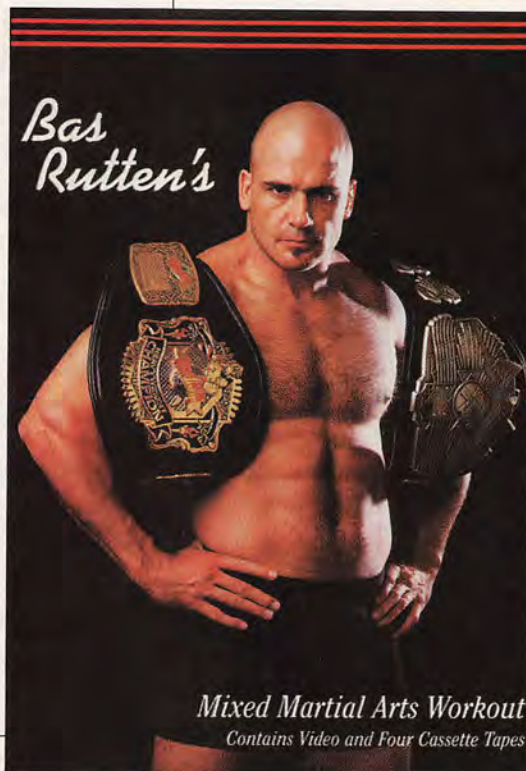
Judo Techniques & Tactics, ISBN 0-7360-0343-6, \$15.95, 192 pages. For more information visit www.humankinetics.com, or call Human Kinetics at 217-351-5076.

The Bas Rutten Mixed Martial Arts Workout

Promising to revolutionize mixed martial arts training in the same way he revolutionized mixed martial arts fighting, legendary Pancrase and UFC champion Bas Rutten has just released his new physical training tapes. Professionally packaged and produced, the set is divided into four separate audio tapes and one video tape. The audio tapes cover workouts for boxing, Thai boxing, all-around fighting, and all-around conditioning, thus insuring that training boredom will never set in. Each audio tapes divides the workout into rounds, and the included video tapes show how each exercise on each audio tape should be performed.

If you feel like getting serious then the Bas Rutten Mixed Martial Arts Workout will get you fit. In keeping with his fighting lineage, Rutten's tapes have plenty of punch for martial artists that compete. Because of that, the fighter's workout part of the system will take some time to get used to and is very intense. According to Rutten, "The whole idea actually started because I was sick of jumping rope and I wanted a different

warm-up that would make me tired and would be useful to my fighting. I came up with the idea of putting my own voice on tape, telling me what to do. The tapes became perfect for me when I had no training partner or when I didn't want to go out and train in a gym, but still wanted to have a good workout. I trained in my attic and combined power exercises with shadow boxing. That way I became stronger and my stamina improved also. Plus, this is how it goes in a real MMA fight. There is no only striking with wrestling, but



Continued on page 124

UNITED WORLD MUAY THAI ASSOCIATION



MUAY THAI TRAINING CAMP 2002



Clearwater, Florida • May 1st - 4th 2002

Instructors • Students • Fighters

HOSTED BY KRU VUT KAMNARK

Conditioning • Thai Culture • Sparring • Professional Thai Pad Drills • Fight Training
Instructor's Tests • Championship Muay Thai Fights • And Much More!

Camp Location: Joe DiMaggio Sports Complex, 2450 Drew St., Clearwater, FL 33765

Every year Kru Vut Kamnark assembles his top trainers at the acclaimed U.W.M.T.A. Muay Thai Camp to give you the expert instruction you need! No matter what your skill level, the camp has something for you.



Authentic Thai Trainers and Fighters!

- Pongsan Ek-Yotin
- Sakasem Kanthawong
- Walter "Sleeper" Michalowski
- Special Thai Guest Instructors



fight!

Visit a THAI TEMPLE and participate in the traditional MONK'S BLESSING of the Mongol, Armbands and Certificates.

BONUS!

Saturday night of
CHAMPIONSHIP
MUAY THAI



All early registrations must pay in full

Register by March 29, 2002

UWMTA Members \$170

Non-Members . . \$210

Register after March 30, 2002

UWMTA Members \$220

Non-Members . . \$270

At the Camp

UWMTA Members \$250

Non-Members . . \$300

(Does not include Airfare, meals, transportation or hotel.)

Registration Fee includes:

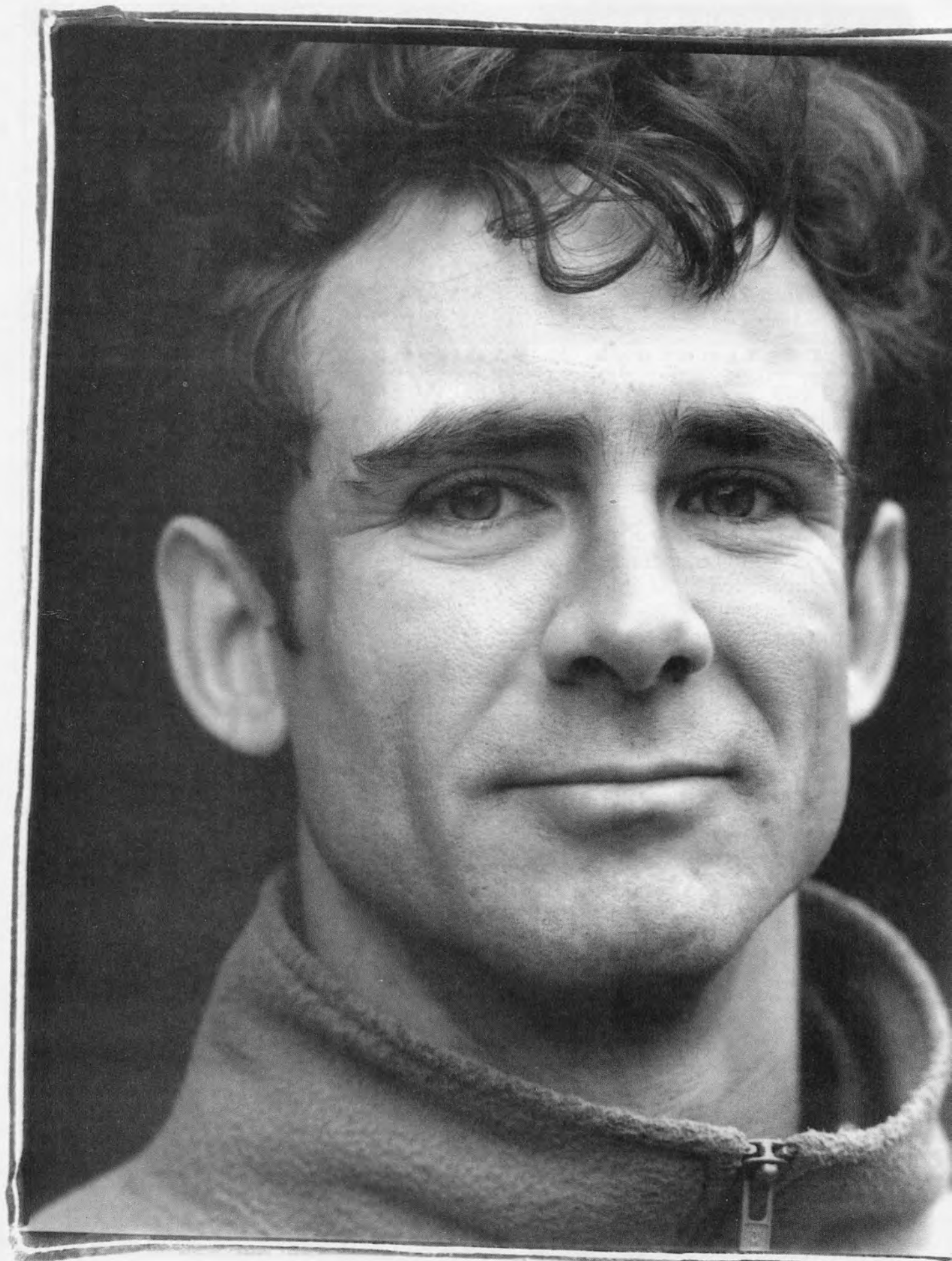
**Camp Dinner Party
and
Saturday Night Fights**

Reserve your spot by Visa,
Mastercard, cashier's check
or moneyorder.

For more info contact:

Vut Kamnark

5411 Russell Ave. #12
Los Angeles, CA 90027
Tel/Fax: 323.962.5230



A Tiny Window of Chaos

Fight Club Author Chuck Palahniuk

By Karen Sosnoski

"Fight Club was about the idea of a place you could go for a structured, consensual fight to exhaust yourself and vent a lot of frustrations and feelings and energy built up in your everyday life...A tiny window of chaos in your otherwise perfectly structured life."

—Chuck Palahniuk

You've probably seen it happen. One day there's this skinny new guy in your gym, balanced awkwardly on his haunches, cowering near the ropes: not watching, not stretching, not grappling. All ribs and fear, with those grinding teeth, that knotted ambition, he's the ring-flower, too timid to even find a sparring partner. Don't bother meeting his eyes - he can't meet yours. Flash forward several months or maybe years and it's him again, only this time he's mid-ring, mid-fight, buff and mean, hooks dug in - a starving cockroach on a slab of meat - taking his partner's back. Off the mat, he's as sweet as a puppy - these days he can afford to be - but in the ring? Never. Go on and meet his eye while he's in the ring: he dares you.

Sweet as a puppy in person, in print 40ish *Fight Club* author Chuck Palahniuk dares you to read on, writing with all the pent-up aggression, and f—ed up humor of the hungry, literary ring-flower he once was. "If you're going to read this, don't bother," taunts the opening line of his most recent novel, *Choke*, a NY Times Best-seller. "After a couple pages, you won't want to be here. So forget it. Go away. Get out while you're still in one piece."

The underdog-made-good story of this Oregonian has been told many times, in varied forms on the Chuck Palahniuk "cult" Web site (chuckpalahniuk.net) and in recent interviews with *Telegraph*, *Playboy*, and *Poets and Writers*, among others.





The fans can't get enough.

As his story goes, fate handed Chuck nothing, at least nothing tangible. He grew up poor in Washington State, where he lived in a trailer with his office manager mother and railroad worker father. To his relief, his fighting parents separated when he was 14. Grief, trauma, and an intimate knowledge of violence must have soaked through from the older to younger generations in the Palahniuk family. Apparently Chuck's father, Fred Palahniuk, at the age of three, hid under the bed as he watched his father murder his wife and then shoot himself. Chuck has told interviewers that after his own childhood, he plans not to have children. Perhaps to preserve peace and freedom in his adulthood, he keeps the details of his reported marriage and home-life private.

When a child, Chuck dreamed of becoming a writer, but as of only six years ago, he was still bar-fighting too much and writing too little. Unable to make a living as a journalist, he found himself stuck in his job as a documentation specialist at the Freightliner plant in Portland. Dissatisfied, he decided he could

not defer his life-long writing dream until an uncertain retirement, although this copout had occurred to him. After writing in snatched moments (allegedly at Laundromats and airports), Chuck sent out his first manuscript, *If You Lived Here, You'd be Home Already* - publishers dismissed it as too dark. After a second failed novel, *Invisible Monsters*, Chuck figured he had nothing more to lose. Today he remembers, "I was totally convinced that I would never be published so I had the freedom to write - I had carte blanche to do everything."

Chuck's "carte blanche" yielded the no-holds-barred, high contact writing of *Fight Club* - a desperately funny, desperately violent novel admittedly inspired by Chuck's experiences and fantasies and those of his friends. *Fight Club* features a bunch of alienated guys, sick of their soulless jobs, sanitized manhood, disembodied identities, and disconnected relationships. These men find life, possibility, and brotherhood, first by beating each other up in a secret fight club, then by raging at the world in subversive mayhem.

The story hit a nerve. Although Chuck invented his fictional fight club, in no time, fight clubs a la *Fight Club* were springing up across the country. In the novel, the cocky anarchist Tyler Durden (in the movie played by Brad Pitt) becomes a catalyst for the other guys to express their needs for violence, recognition, and freedom. In real life, Chuck unwittingly reflected and released the similar needs of his many readers. *Fight Club* offers more questions than answers - questions about what it means to be a man, and what it means to get ahead. As becomes apparent in the grateful, if obsessive, Web site discussions about him, Chuck asks his readers' questions.

And for this, readers rewarded him. *Fight Club*, published by Norton in 1996, won an Oregon Book and a Pacific Northwest Booksellers Award. In 1999, Dave Fincher's screenplay version of *Fight Club* opened, starring Brad Pitt, Ed Norton, Meat Loaf, and Helena Bonham Carter. The film and the novel soon took their places as underground classics.

Also in 1999, on a more disturbing note, Chuck's father, Fred, along with his

"he grew up poor in washington state, where he lived in a trailer with his office manager mother and railroad worker father. to his relief, his fighting parents separated when he was 14. grief, trauma, and an intimate knowledge of violence must have soaked through from the older to younger generations in the palahniuk family. apparently chuck's father, fred palahniuk, at the age of three, hid under the bed as he watched his father murder his wife and then shoot himself."



sweet as a puppy in person, in print 40ish fight club author chuck read on, writing with all the pent-up aggression, and f—ed up humor of the hungry, literary ring-flower he once was. "if you're going to read this, don't bother," taunts the opening line of his most recent novel, *Choke*, a my times bestseller. "after a couple pages, you won't want to be here. so forget it. go away. get out while you're still in one piece."

long-haired, loping sort of way, he wore black tech pants, black high tops, and a tee-shirt from the University of Edinboro (where they'd held a conference on his

books).

Chuck speaks slowly and thoughtfully, emitting an aura of implacable "laid back." Nevertheless, he quietly glowed from a dinner he'd had the night before with Susan Faludi, a well-known literary friend of his who "gets" men and wrote about them in her recent book, *Siffed*. He seemed impressed that she loved his work - more impressed that she and her husband were thinking of moving to Portland on his recommendation. His desire to be liked by them was likeable. Chuck had read my e-mails about a documentary film I am producing, "Grapple Therapy," and before the interview started, kindly expressed his sympathy for the project. By the end of the interview, the camera crew and I had bagged out previously agreed upon plan to look cool, professional and unfazed. Chuck was so damn nice! Post-adolescent geek-style, we took pictures, got autographs, compared notes on what he wrote. ("You are a snowflake—unique and beautiful," he encouraged my shy friend in an inverted parody of his character, Tyler Durden. "Enjoy your fights," he wrote to me.)

The subjects of my interview with Chuck were exclusively *Fight Club* and grappling. People who have never experienced the book or the sport hear about chipped bones, popped ribs, broken limbs, cracked noses, dislocated elbows, separated shoulders and they wonder why? In what follows, Chuck suggests why - because the risks of not fighting outweigh the risks of injury. He seems to know.

Q: What is *Fight Club* really about?

A: *Fight Club* was about the idea of a place you could go for a structured, controlled, sensual fight to exhaust yourself and vent a lot of frustrations and feelings and energy built up in your everyday life - something you could pencil into your everyday schedule and have this little window of chaos between your meeting and your lunch appointment and your getting out of work and going to Athletic and handsome in a humble, crew, Chuck was impeccably gracious, space to unwind. To me and to the film to keep that part of his life private, a asked to film him. He said "no," needing Chuck's grappling studio where I had Portland. This was the next best thing to brick-walled Brewport Brewery in NW place on August 30, 2001 at the gritty, My filmed interview with Chuck took Women." Read at your risk. He dares you. makes *Fight Club* look like *Little* Chuck's Web site quotes him gloating: "It tion by Doubleday in September 2002, novel *Lullaby*, tentatively pending publica- Chuck is tired. Think again. Of his next past few years, you might assume that With all the change in his life over the tember 11.

new girlfriend were murdered by her jealous ex-husband. This sordid tragedy held ironic drama. *Fight Club* evokes the male need for present fathers, and publishing the novel had brought Chuck closer to his own. Chuck apparently found some consolation and closure to his father's death in the message of a psychic who claimed his father was happier than he'd ever been. He attended the trial of his father's now convicted killer, Dale Shackelford, who is currently on death row in Idaho.

Despite this family trauma, and his own doubts about "success," Chuck's writing continues to bring recognition. His novels *Invisible Monsters* (about a disfigured model), *Survivor* (about an ex-suit-cide cult member turned media star), and *Choke* (about a sex addict) were forthcoming after *Fight Club*. Flash forward to 2001 and Trent Reznor of *Nine Inch Nails* and Marilyn Manson number among Chuck's many fans. At a July 2001 reading in L.A., Madonna's publicist approached Chuck to tell him she had read *Survivor* and was interested in playing the female lead in the movie version, in development at Fox. Also that month, *TV week* reported Nicole Kidman's interest in playing the same part. Meanwhile, up to the present, Chuck continues publishing diverse non-fiction as well as fiction: on Trident submarines, wrestling, capital punishment, and, most recently, on small town views of Sep-

tember 11.

PANTHER™



Martial Arts Training Videos

ORDER ON-LINE AT www.centuryfitness.com
FOR A FREE CATALOG CALL 1•800•626•2787

OVER 1,200
DYNAMIC TITLES

\$29.99

New Retail Prices

BONUS

Buy 5 Get 1 Free

PRICES SLASHED 40%

Off Previous Panther Retail Prices

Panther: A Division Of Century Incorporated



PANTHER™

Over 1,200 Dynamic Titles

COMBAT SAMBO

STARRING SAMBO MASTER TONY LOPEZ

1. COMBAT SAMBO VOLUME 1 – ULTIMATE GRAPPLING - TOTAL BODY WORKOUT ROUTINE

Exercise is designed to build ultimate speed, power, agility, flexibility, reflexes, strength, balance, coordination, stamina and more.

#SAMBO-1 60 MIN ONLY \$29.99

2. COMBAT SAMBO VOLUME 2 – ULTIMATE GRAPPLING - BLOCKING AND STRIKING TECHNIQUES

Learn lethal hand and foot strikes of sambo in conjunction with it's unique blocking techniques which are taught standing and when on the ground.

#SAMBO-2 48 MIN ONLY \$29.99

3. COMBAT SAMBO VOLUME 3 – ULTIMATE GRAPPLING - LEG, ANKLE, AND FOOT LOCKS

Shows how to quickly go for the legs to apply excruciating joint locks. Also teaches the escapes and counter from these locks.

#SAMBO-3 61 MIN ONLY \$29.99

4. COMBAT SAMBO VOLUME 4 – ULTIMATE GRAPPLING - ARMBAR AND WRIST LOCKS

Learn numerous armbar and wrist lock techniques designed to control and destroy your opponent. Learn how to easily sucker your attacker into an armbar for quick victory, regardless of his size. Also teaches escape and counters to these armbar and wrist techniques.

#SAMBO-4 59 MIN ONLY \$29.99

5. COMBAT SAMBO VOLUME 5 – ULTIMATE GRAPPLING - LEG LOCK AND ARM LOCK FIGHTING COMBINATIONS

Learn how to combine the leg lock techniques on tape 3 with the arm locks on Tape 4 to create the most destructive grappling combinations ever witnessed. Learn how to completely dominate and control your opponent as you learn to move from leg locks to arm locks and arm locks to leg locks with blinding speed. Video also features advanced techniques not shown on Tapes 3 and 4.

#SAMBO-5 44 MIN ONLY \$29.99

6. COMBAT SAMBO VOLUME 6 – ULTIMATE GRAPPLING - CHOKES, HEADLOCKS, AND NECK CRANKS

Take out the biggest and most aggressive opponent with these lethal sambo techniques. Shows how to quickly move inside your opponents attack to finish him with a choke, headlock, or neck crank. Also the secret escapes from these deadly techniques.

#SAMBO-6 54 MIN ONLY \$29.99

7. COMBAT SAMBO VOLUME 7 – ULTIMATE GRAPPLING - THROWS, SWEEPS, AND TAKEDOWNS

Send your attacker to the ground with throws, sweeps, and take down techniques. Also the counter moves and escapes against these techniques.

#SAMBO-7 59 MIN ONLY \$29.99

8. COMBAT SAMBO VOLUME 8 – ULTIMATE GRAPPLING - STREET SELF-DEFENSE

Learn how combat sambo is used to defend and counter against the most common street attacks including: punches, kicks, lapel holds, collar and wrist grabs, bear hugs, head locks, full nelson, ground fighting, and more. Also shows how to disarm a gun, knife, or club wielding attacker.

#SAMBO-8 60 MIN ONLY \$29.99

9. COMBAT SAMBO VOLUME 9 – ULTIMATE GRAPPLING - STREET FIGHTING DIRTY TRICKS

Shows how to win a life or death street fight. The secret combat sambo techniques shown in this video are the deadliest of the deadly when it comes to street survival.

#SAMBO-9 48 MIN ONLY \$29.99

10. COMBAT SAMBO VOLUME 10 – ULTIMATE GRAPPLING - DEFENSIVE GROUND FIGHTING

This tape shows how to own the ground. Includes never before seen techniques designed to defeat the best wrestlers, judo, and Brazilian fighters! Teaches how to defend, escape, counter, and apply reversals against your opponents attacks. Includes techniques for quickly defeating the Brazilian guard and much more.

#SAMBO-10 53 MIN ONLY \$29.99

11. COMBAT SAMBO VOLUME 11 – ULTIMATE GRAPPLING - OFFENSIVE GROUND FIGHTING

Learn how to dominate your opponent on the ground with superior combat sambo grappling techniques. Including guard and mount positions, reversals, arm bars, leg locks, chokes, submissions, and much more.

#SAMBO-11 60 MIN ONLY \$29.99

ORDER ON-LINE AT
www.centuryfitness.com • FOR A FREE
CATALOG OR ORDER BY PHONE
CALL TOLL FREE 800-626-2787

Panther: A Division Of
Century Incorporated



Buy Any 5
Get 1
FREE!

RUSSIAN SAMBO

STARRING "THE RUSSIAN BEAR" OLEG TARTAROV

1. SAMBO-TAKEDOWNS TO FINISHING HOLDS

#OLEG-1 32 MIN ONLY \$29.99

2. SAMBO-SETTING UP SUBMISSION HOLDS

#OLEG-2 30 MIN ONLY \$29.99

3. SAMBO-ESCAPING DANGEROUS POSITIONS & HOLDS

#OLEG-3 75 MIN ONLY \$29.99

4. SAMBO-SUBMISSION COMBINATIONS

#OLEG-4 34 MIN ONLY \$29.99

5. SAMBO-GRAPPLING COMBAT DRILLS

#OLEG-5 1 HR, 56 MIN ONLY \$29.99

6. SAMBO-ADVANCED SAMBO LEG LOCKS

#OLEG-6 90 MIN ONLY \$29.99

7. SAMBO-BASIC AND ADVANCED SAMBO STREETFIGHTING

#OLEG-7 55 MIN ONLY \$29.99

8. SAMBO-ADVANCED TAKEDOWNS, MORE LEG LOCKS, DEFENSIVE TECHNIQUES SPARRING EXERCISES

#OLEG-8 43 MIN ONLY \$29.99

9. SECRET TECHNIQUES OF RUSSIAN MILITARY SAMBO

#OLEG-9 40 MIN ONLY \$29.99



Panther: A Division Of Century Incorporated • Order Today 1-800-626-2787

PANTHER™

ORDER ON-LINE AT www.centuryfitness.com • FOR A FREE CATALOG CALL 800-626-2787

Panther: A Division Of
Century Incorporated



TOLL FREE 800-626-2787



CARLSON GRACIE JR. ADVANCED BLACK BELT VIDEO SERIES

BLUE BELT TECHNIQUES - VOLUMES 1 AND 2

Carlson Gracie teaches the true basics the way he was taught! Tons of submission holds and fighting strategies. A must have set for any Jiu Jitsu student looking for the real Gracie method.

#GBLU-1 COLOR, 40 MIN. ONLY \$29.99

#GBLU-2 COLOR, 40 MIN. ONLY \$29.99

PURPLE BELT TECHNIQUES - VOLUMES 3 AND 4

More submissions, counters and strategies. It's so detailed, you will feel like you are in Brazil, learning from the late Carlos Gracie himself!

#GPURP-1 COLOR, 40 MIN. ONLY \$29.99

#GPURP-2 COLOR, 40 MIN. ONLY \$29.99

BROWN BELT TECHNIQUES - VOLUMES 5 AND 6

Carlson turns up the heat and teaches brown belt level techniques that made him the ten-time Brazilian champion! Each technique is broken down with unprecedented detail and explanation, making these the only Jiu Jitsu tapes you will ever need.

#GBRON-1 COLOR, 40 MIN. ONLY \$29.99

#GBRON-2 COLOR, 40 MIN. ONLY \$29.99

BLACK BELT TECHNIQUES - VOLUMES 7 AND 8

In these two dynamic videos, Carlson show you how to pull together all the previous techniques you have learned and use them like a Master Black Belt

#GBLK-1 COLOR, 30 MIN. ONLY \$29.99

#GBLK-2 COLOR, 30 MIN. ONLY \$29.99



INTERNATIONAL VALE TUDO CHAMPIONSHIPS

LIVE ACTION FROM BRAZIL

ORDER NOW!
1-800-626-2787

**Buy Any 5
Get 1
FREE!**

See the world's greatest mixed martial arts events live on video! Explosive, raw, uncut entertainment featuring the toughest no-holds-barred Vale Tudo Warriors going head-to-head in the bloody arenas of Brazil and America. Watch and learn what it takes to win in the brutal world of NHB competition as each fighter shows his striking, stand-up, grappling, ground, takedown, and submission skills. Take a front row seat to high voltage action by ordering today!

1. INTERNATIONAL VALE TUDO CHAMPIONSHIPS I

#IVC-1 90 MIN ONLY \$29.99

2. INTERNATIONAL VALE TUDO CHAMPIONSHIPS II

#IVC-2 90 MIN ONLY \$29.99

3. INTERNATIONAL VALE TUDO CHAMPIONSHIPS III

#IVC-3 90 MIN ONLY \$29.99

4. INTERNATIONAL VALE TUDO CHAMPIONSHIPS IV

#IVC-4 90 MIN ONLY \$29.99

5. INTERNATIONAL VALE TUDO CHAMPIONSHIPS V

#IVC-5 2 HR, 48 MIN ONLY \$29.99

6. INTERNATIONAL VALE TUDO CHAMPIONSHIPS VI

#IVC-6 90 MIN ONLY \$29.99

7. INTERNATIONAL VALE TUDO CHAMPIONSHIPS VII

#IVC-7 90 MIN ONLY \$29.99

8. INTERNATIONAL VALE TUDO CHAMPIONSHIPS VIII

#IVC-8 90 MIN ONLY \$29.99

9. INTERNATIONAL VALE TUDO CHAMPIONSHIPS IX

#IVC-9 90 MIN ONLY \$29.99

10. INTERNATIONAL VALE TUDO CHAMPIONSHIPS X

#IVC-10 90 MIN ONLY \$29.99

11. INTERNATIONAL VALE TUDO CHAMPIONSHIPS XI

#IVC-11 124 MIN ONLY \$29.99

12. INTERNATIONAL VALE TUDO CHAMPIONSHIPS XII

#IVC-12 90 MIN ONLY \$29.99

13. INTERNATIONAL VALE TUDO CHAMPIONSHIPS XIII

#IVC-13 116 MIN ONLY \$29.99



Panther: A Division Of Century Incorporated • Order Today 1-800-626-2787

PANTHER™

ORDER ON-LINE AT
www.centuryfitness.com • FOR A FREE
CATALOG OR ORDER BY PHONE
CALL TOLL FREE 800•626•2787



Over 1,200 Dynamic Titles

Panther: A Division Of
Century Incorporated



BRAZILIAN STREET FIGHTING STARRING BRAZILIAN CHAMPION KAZEKA MUNIZ

1. BRAZILIAN STREET FIGHTING-SUPERIOR STRETCHING AND CONDITIONING WORKOUT

Get in top fighting condition with this great Brazilian-Jiu Jitsu Workout video. Includes stretching, flexibility, warm-ups, escape and leverage exercises, balancing techniques, strength, speed and power training, ab work and more. See why Brazilian fighters are among the world's fittest athletes.

#BZJJ-1 55 MIN ONLY \$29.99

2. BRAZILIAN STREET FIGHTING-SUPERIOR GROUND FIGHTING SELF-DEFENSE TECHNIQUES

This important video could very well save your life should you end up on the ground in a street fight or free style tournament. Brazilian fighter Kazeka Muniz personally teaches you how to defend and escape from the guard position which is when an opponent is on top of you trying to inflict harm. From the guard position you will learn how to defend against strikes to your face, chokes, and attempted arm locks while escaping and defeating your opponent with counter strikes. In part two of this dynamic tape you will learn ground fighting strategies that enable you to mount, control and stay on top of your opponent while applying chokes and joint locks. Ground fighting is a science and no one does it better than the Brazilian fighters. Learn the Brazilian secrets of successful ground fighting by adding this life saving self-defense tape to your martial arts video library.

#BZJJ-2 55 MIN ONLY \$29.99

3. BRAZILIAN STREET FIGHTING-SUPERIOR CHOKING SELF-DEFENSE TECHNIQUES

A sure way to stop and control an aggressive attacker is to apply a choking technique. Regardless of an opponent's size or strength, he cannot withstand a properly applied choke for more than a few seconds. This outstanding video teaches everything there is to know about lethal Brazilian choking techniques including front and rear chokes, chokes from the guard and mount positions, creating the proper leverage, anatomy of a choke, choke defenses, using your opponents clothing to choke him out and more.

#BZJJ-3 55 MIN ONLY \$29.99

4. BRAZILIAN STREET FIGHTING-SUPERIOR LEG LOCKING SELF-DEFENSE TECHNIQUES

Very few fighters understand how to apply leg locks when in combat. The fighter who is skilled in this area has a great advantage over his opponents. In this valuable lesson Kazeka Muniz teaches the painful ground fighting foot and knee joint locks of Brazilian Jiu Jitsu. You will learn how to control your attackers legs to create the proper leverage for applying the leg lock correctly. Since few fighters ever think about protecting their legs, you can end a fight quickly with the techniques presented.

#BZJJ-4 55 MIN ONLY \$29.99

5. BRAZILIAN STREET FIGHTING-SUPERIOR HEADLOCK ESCAPES AND SELF-DEFENSE TECHNIQUES

One of the most common attacks is for your opponent to try and get you in a headlock. The Brazilians have developed numerous self-defense techniques for escaping every type of headlock whether standing or on the ground. Learn 11 important headlock escapes and their counters. You will learn ways to manipulate your opponents body position to your advantage so you can apply throws, chokes, joint locks, leg locks and strikes! Avoid being hurt or choked if caught in a headlock with the help of this important tape.

#BZJJ-5 55 MIN ONLY \$29.99

6. BRAZILIAN STREET FIGHTING-SUPERIOR SELF-DEFENSE AND JOINT LOCKS VOLUME 1

This important tape features Brazilian Jiu Jitsu techniques that deal with standing aggression. Standing aggression is when an assailant approaches ready to attack. When confronted in this manner you will learn how to position your body to respond effectively and maintain balance. The techniques presented include self-defense against single and two handed grabs, choking attacks, bear hugs, punches, kicks, clinching and more. Your response will be quick and decisive. No longer feel fear when approached by a stranger, instead be ready to go into action with this Superior Brazilian Self Defense tape.

#BZJJ-6 55 MIN ONLY \$29.99

7. BRAZILIAN STREET FIGHTING-SUPERIOR SELF-DEFENSE AND JOINT LOCKS VOLUME 2

This exciting tape combines Brazilian Jiu Jitsu with Muay Thai and Jeet Kune Do fighting techniques. Fear no one as you learn offensive and defensive street fighting strategies including proper stances and footwork, fighting posture and guard positions, balance, effective striking techniques using head butts, elbows, knees, fists, and low kicks in conjunction with chokes and joint locks. This tape is loaded with must have street fighting techniques and strategies.

#BZJJ-7 55 MIN ONLY \$29.99

8. BRAZILIAN STREET FIGHTING-SUPERIOR SELF-DEFENSE AND TAKEDOWNS

In this exciting lesson Brazilian fighter Kazeka Muniz shows numerous ways of taking your attacker to the ground and applying a finishing strike, choke, or joint lock. He also includes an excellent series of Brazilian self-defense techniques for disarming a knife and baseball bat wielding attacker. Kazeka explains that anything goes in a street fight which is why the techniques are brutal but necessary including biting, eye gouging, and head butts. This tape completes your training in this exceptional Brazilian street fighting self-defense series.

#BZJJ-8 55 MIN ONLY \$29.99

9. BRAZILIAN STREET FIGHTING-"UP CLOSE" AN EXCLUSIVE VIDEO INTERVIEW WITH KAZEKA MUNIZ

Gain insight into the World of Brazilian Martial Arts with Kazeka Muniz. This entertaining interview sheds light on Brazil Jiu Jitsu. A true collector's item!

#BZJJ-9 40 MIN ONLY \$29.99



Panther: A Division Of Century Incorporated • Order Today 1-800-626-2787

Chris Brennan

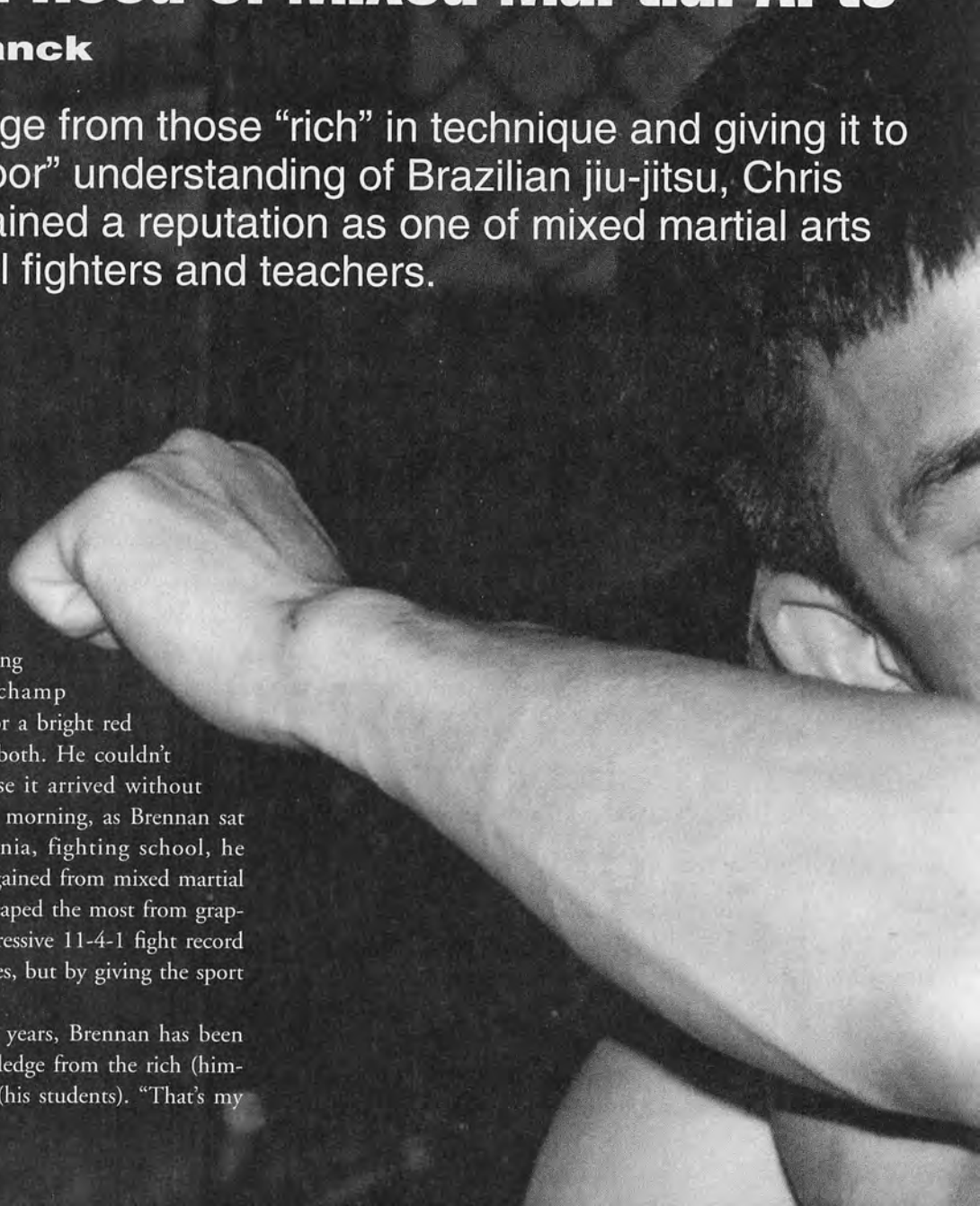
The Robin Hood of Mixed Martial Arts

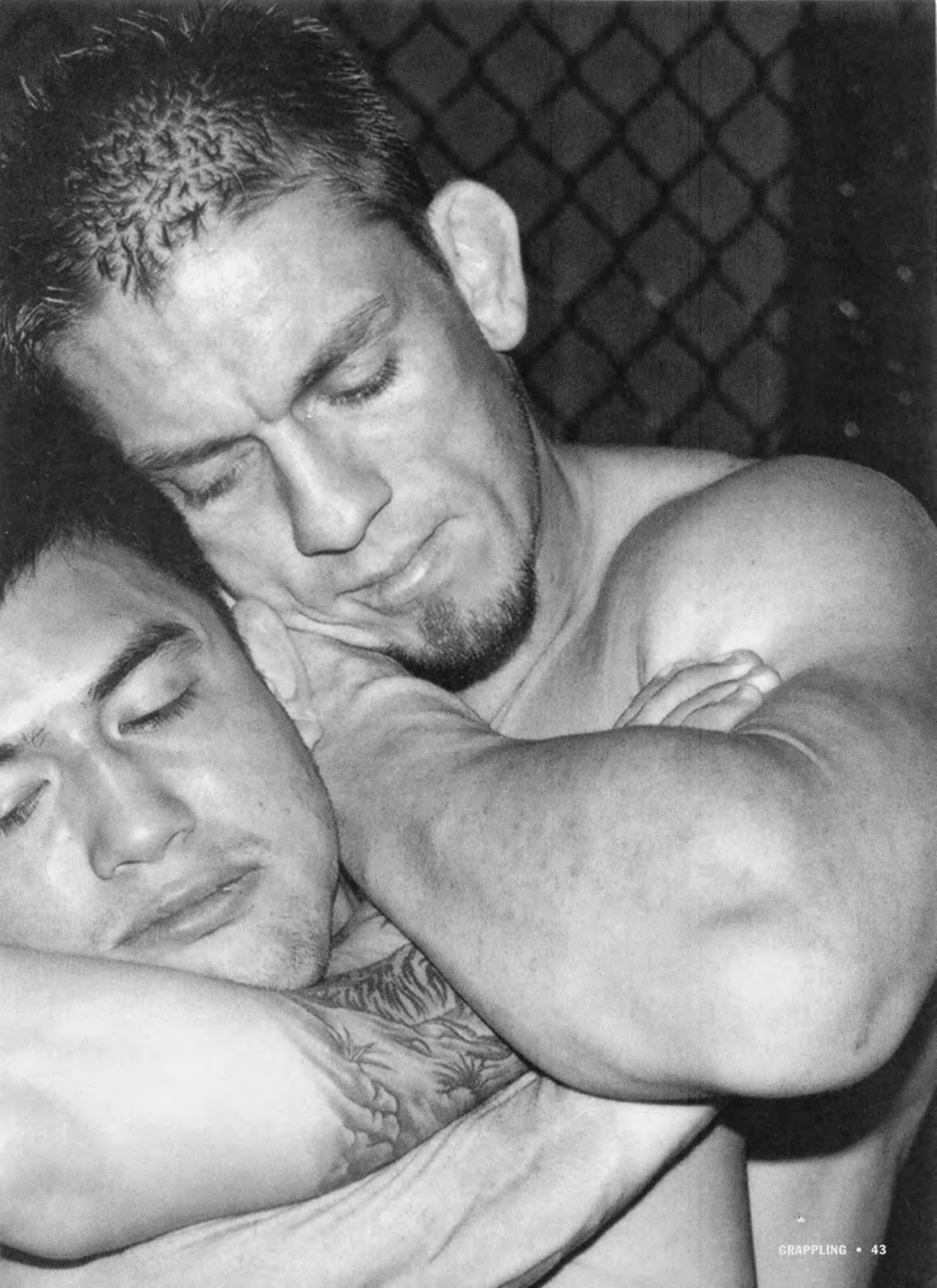
By Loren Franck

Taking knowledge from those “rich” in technique and giving it to those with a “poor” understanding of Brazilian jiu-jitsu, Chris Brennan has gained a reputation as one of mixed martial arts most successful fighters and teachers.

Chris Brennan thought long and hard about the gift he had just received. The date was October 12, his 30th birthday, a perfect time to reflect. The current King of the Cage middleweight champ didn't receive a custom Rolex or a bright red Ferrari, though he could buy both. He couldn't unwrap his gift, either, because it arrived without ribbon and festive paper. That morning, as Brennan sat quietly in his Irvine, California, fighting school, he reflected on everything he has gained from mixed martial arts. And then it hit. He had reaped the most from grappling, not by amassing his impressive 11-4-1 fight record and three King of the Cage titles, but by giving the sport away.

For slightly more than four years, Brennan has been taking valuable grappling knowledge from the rich (himself) and giving it to the poor (his students). “That's my





real satisfaction in mixed martial arts," insists the 5'8" 170-pound Brennan, who recently dropped five pounds because of weight-class restrictions. "Since my first day of mixed-martial-arts training, my main goal has been to be a great teacher." But *Grappling* had its own birthday surprise for the ambitious fighter: an in-depth interview. Always eager to share his treasure chest of knowledge about the sport he

you at will, which sounded a little unusual. Well, those Brazilians turned out to be the Gracies. So in 1993 I went to the Gracie Academy in Torrance, California. Sure enough, they could submit anyone at any time, and that really shocked me. They even let me wear boxing gloves and swing away. I was a decent boxer, but I didn't land one punch before I was on my butt with my arms

while training with Jacare. Upon returning to the United States, I trained at Rickson Gracie's school for a year. But I never met him, not even once, so I quit going there because I was paying for Rickson but never seeing him. Shortly afterward, I flew my friend Roger Brookings from Brazil to Southern California, and we trained in my garage every day for a year. Then I opened my own school,

"I was a scrappy fighter in high school, but I never knew how to fight. I wanted to learn, though, and after seeing the Gracies in action, I was hooked. My first fight came two years later."

loves, he discussed his career, his unusual training methods and his September 29, 2001 upset win over Steve Burger.

Q: What got you started in mixed martial arts?

A: I had boxed a little, and one day my coach told me about some Brazilians who could take you down and submit

locked out and my neck choked. I was a scrappy fighter in high school, but I never knew how to fight. I wanted to learn, though, and after seeing the Gracies in action, I was hooked. My first fight came two years later.

Q: How long did you train with the Gracies?

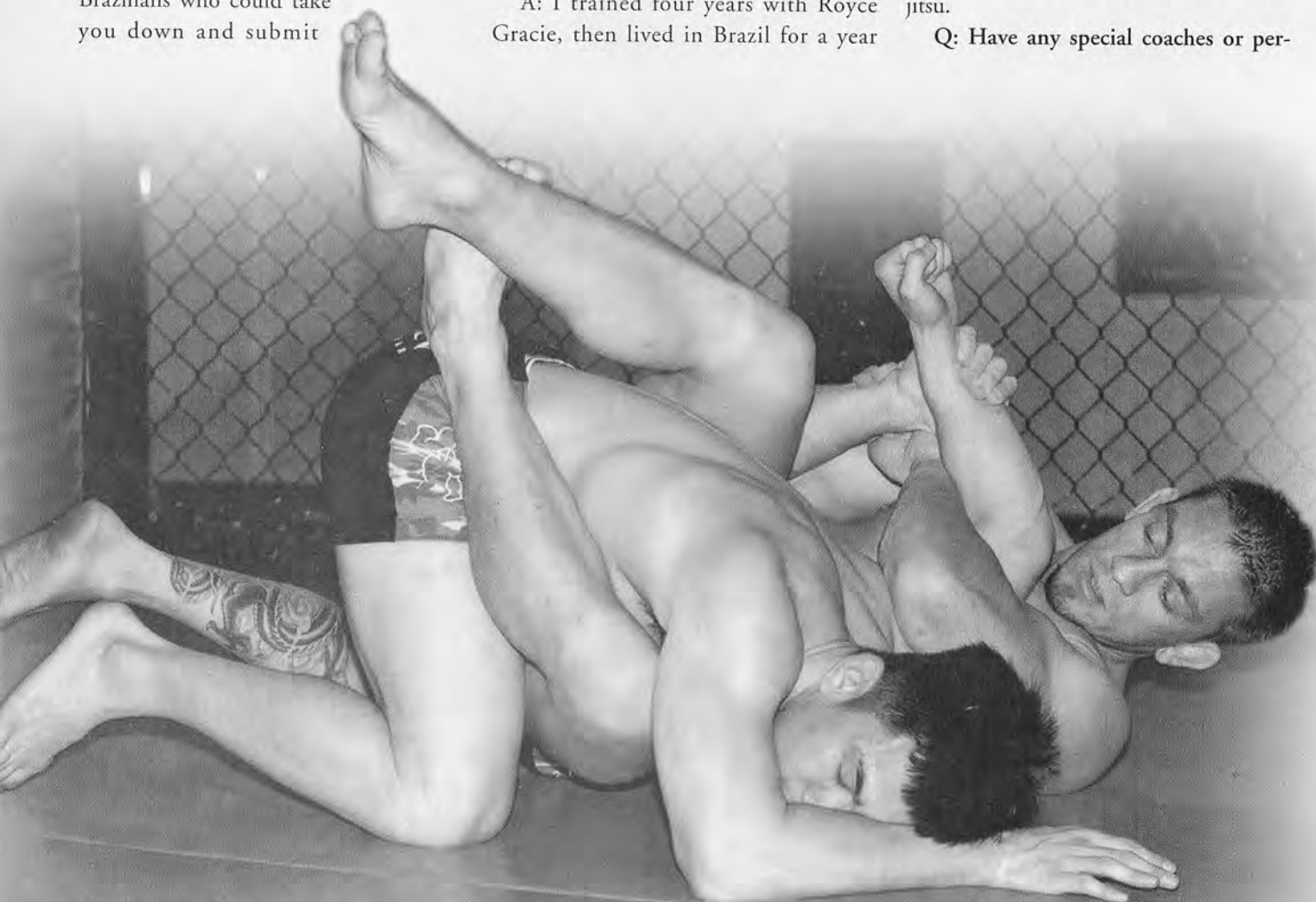
A: I trained four years with Royce Gracie, then lived in Brazil for a year

met Marco Ruas, and trained with him for two years, although he won't admit it. I've run my own school, the Next Generation Fighting Academy, for a little over four years, and it's doing very well.

Q: Have you trained in any traditional martial arts?

A: No, just boxing and Brazilian jiu-jitsu.

Q: Have any special coaches or per-



sonal trainers especially helped your career?

A: Chuck Williams. He's my strength-and-conditioning coach. A two-time Mr. Universe, he's also a sports psychologist and has helped build my self-confidence.

I'm a much better fighter because of it. During most of my fighting career, I've lacked self-confidence right before my fights. Too often I tell myself, "This is my last time. I can't do it anymore."

Q: You're in great shape. What's your conditioning program?

A: I was a bodybuilder at age 19 and was a lot bigger than I am now — muscular but not very agile. I don't weight train much anymore, but when I do, I lift light weights and keep my repetitions high. I prefer isometrics, plyometrics, pull-ups, push-ups and sit-ups. I also do explosive cardio work that pushes me to the limit. I recently began training before fights in Big Bear, a popular Southern California mountain resort. My last time there, I ran from the bottom to the top of the Snow Summit ski run. It begins at 7,000 feet and climbs to 8,400 feet. What a workout!

Q: What about your everyday cardio training?

A: There's a hill of soft beach sand in Dana Point. It's 100 feet high at a 45-degree angle. The record is 70 times in one day; mine is 50. It's a grueling hill. And twice a week I run the nearly vertical

stairs at "1,000 Steps" in Laguna Beach. Talk about challenging. I also do treadmill work, straight live boxing, and train in my school's King of the Cage octagon. That's the best cardio workout because it's the same cardio used for fighting.

Q: Let's switch to your fighting experience. Who was your toughest opponent?

A: Pat Militech, because we've had three wars. The first was a 20-minute draw in September '97. The second, two months later, was a 30-minute split decision. Everybody said I won, but we fought in Davenport, Iowa, his hometown. You know how that goes. Our third fight was a March '98 UFC battle in New Orleans, which I lost in about 10 minutes.

Q: Why were those three fights so difficult?

A: They were my third, fourth and sixth fights, but they were his 18th, 19th and 21st, so he had experience on me. I wasn't worried during the first two, though, because I had nothing to lose. But I was very nervous at the UFC because, until then, my goal had been just to compete in the UFC. I was too content being there and didn't have the



Rollover Shoulder Lock

Chris Brennan fights off his opponent who has shot in for a single-leg takedown (1). Going to a tripod position to off-balance his opponent (2), Brennan rolls forward while keeping control of the arm (3). Coming to an upright position (4), Brennan applies pressure to the arm with his stomach for the shoulder lock (5).



killer instinct I have now. Militech is an exciting fighter now, but back then he was a stale, baiting fighter who tried to hold opponents down. If I could relive that fight, I'd be more aggressive and more active. He makes everybody fight his fight, so I'd make him play my game.

second. Sometimes that works against me, though, because my losses came within the first five minutes. But I'll either kill you or be killed quickly. People tell me I'm also relentless. When I go for something, I attack until it's mine. That doesn't work for everybody, but it works

anyone can beat me. Such conditioning enables me to pressure my opponents nonstop. Remember, I'm aggressive and relentless. I trained cardio extra hard in Big Bear two weeks before our fight, so I was ready to go the maximum three five-minute rounds. Big Bear cleared my

"If I have the cardio conditioning to go 100 percent throughout a fight, I don't think anyone can beat me. Remember, I'm aggressive and relentless."

Q: Would you say you have an aggressive fighting style?

A: I'm an extremely aggressive fighter. Out of 11 wins, nine are submissions, one's a knockout and one's a decision. All of my victories were in the first round except two, which came one minute into the second round. Aggressive is the way I am, the way I train and the way I fight. I put pressure on my opponents every

for me.

Q: When you fought Steve Burger last September 29 in San Jacinto, California, at KOTC, your victory surprised a lot of people. Were you surprised?

A: No, I wasn't. It was the first time we fought each other, but I thought I'd win because I was so well prepared. If I have the cardio conditioning to go 100 percent throughout a fight, I don't think

mind, too, and prepared me to push the fight to the limit without getting tired. And it did go the distance.

Q: Why was Burger was favored to win?

A: He had recently fought in the UFC, and three weeks before our fight he submitted the seventh-ranked Shooto competitor. Also, I was inactive for seven months, so Burger fought more often



than I did. He fought top-name guys and handled them well. Plus, some people judge me harshly by my loses. Take my fight with Joe Hurley, for example. I had to lose 13 pounds before we fought, but I wasn't told until the night before. It was my first time cutting weight. People thought I lacked ability, but I was sick the day of the fight. They saw me and thought, "If Brennan lost to Hurley like that, Burger will kill him."

Q: Were you in top shape when you fought Burger?

A: Yes, I was very healthy. I shocked the hell out of him. He probably expected a quick and easy victory, but instead suffered a long and painful beating. I pursued him nonstop for 15 minutes, stood up at the end of the fight and wasn't even breathing hard. I was the aggressor throughout the match, punching and moving the whole time, but I wasn't tired. Sure, my mouth was dry, but I could have easily gone another two rounds. If it were a UFC five-round championship, I would have easily dominated the next two rounds.

Q: What were you thinking when the fight began?

A: I was confident but a little nervous. When I compete at King of the Cage, most of my 180 students are there cheering for me, so I feel pressured to win. Before a match, I never worry about getting hurt. I worry about disappointing others, which should be the last thing on my mind. But I don't earn my living by fighting. My school provides most of my income, so I feel pressure when my students watch me fight. When my bout with Burger started, though, that pressure was behind me, and I felt very confident.

Q: Were you ahead from the start?

A: I dominated Burger all three rounds. He never put up an offense. In the third round, he tried to guillotine me, and though the announcers panicked, I was never in danger. In fact, I guillotined him in the third round too, but he escaped. I knew I'd win the fight, but I didn't think I'd dominate him so much.

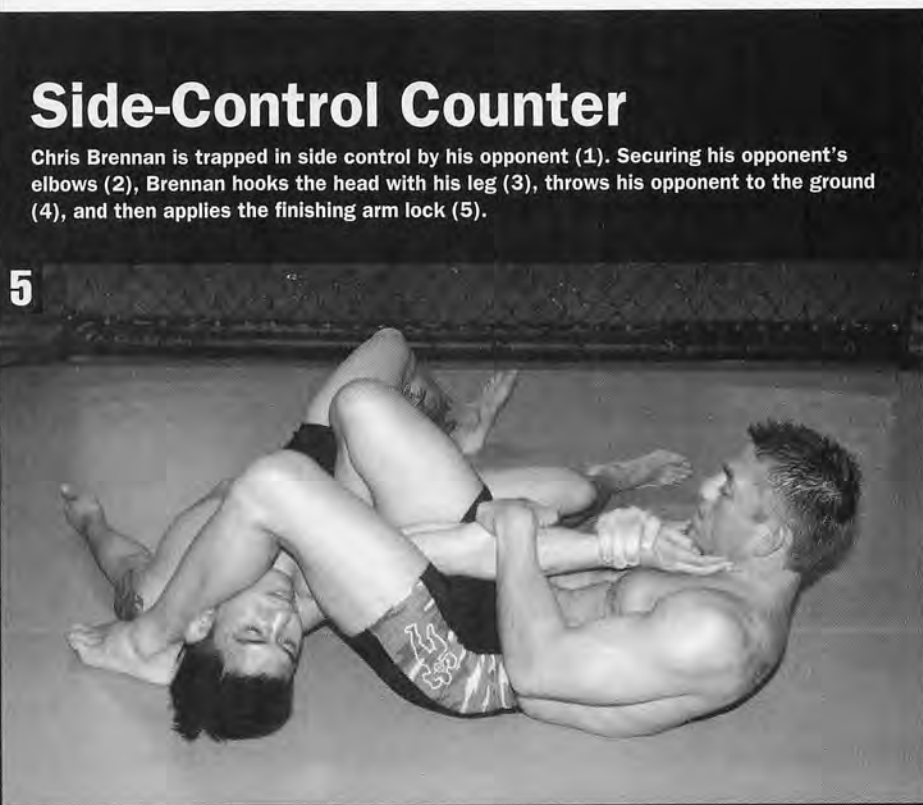
Q: What was your strategy?

A: We started standing. After Burger struck twice, I kicked his leg; and when he approached aggressively on foot, I took him down. Passing his guard and planning to take an arm, I moved to his side and circled, but he defended himself. Rather than submit him immediately, I wanted to maintain my position, beat him up a little and then submit him. All of my opponents have been good wrestlers, so I usually wind up on the bottom. But I was on top of Burger the entire fight.

Q: When you realized you could remain on top, what did you do?

A: I punched and elbowed his head. At various times, I was halfway or completely past his guard. I was even in it twice. He tried a few arm locks and was very crafty. As the fight evolved, he was a bloody mess, but he never stopped trying

Continued on page 87



Side-Control Counter

Chris Brennan is trapped in side control by his opponent (1). Securing his opponent's elbows (2), Brennan hooks the head with his leg (3), throws his opponent to the ground (4), and then applies the finishing arm lock (5).

Bas Rutten

The World's Greatest Martial Artist

By Jose Fraguas

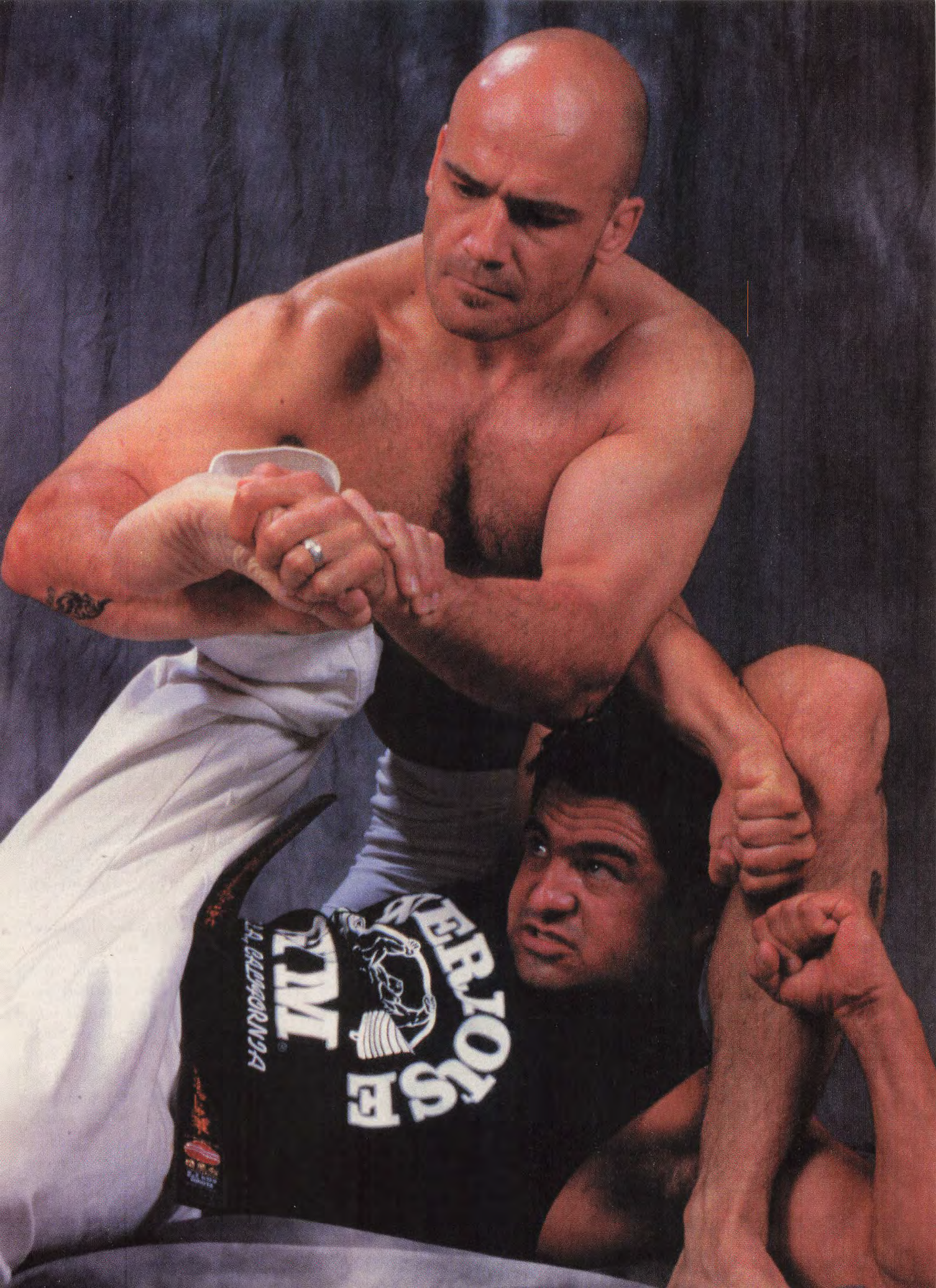


as Rutten started his martial arts career at the late age of 21 and quickly discovered that professional fighting was his calling in life. Within one-and-a-half years he had earned his first degree black belt in taekwondo. One year later he received a first degree black belt in Kyokushin karate. He presently holds a second degree black belt in taekwondo and a fifth degree black belt in Kyokushin karate.

While he was doing these two sports he also started to compete in Thai boxing. He became the Dutch champion and fought 16 Thai boxing matches, winning 14 by KO. In 1993 Rutten was contacted by the Pancrase organization of Japan and asked to compete. He fought his first Pancrase fight on September 21, 1993, and won the fight in 43 seconds.

From that moment on, Bas Rutten became one of the favorite fighters of the Japanese audience. In 1995 he won the prestigious King Of Pancrase belt in the Nippon Budokan in Tokyo. He successfully defended that title two more times and then resigned as the world champion in order to compete in the biggest no-holds-barred event in the world - the UFC. He went undefeated in the Octagon and became the UFC World Heavyweight Champion in May of 1998.

After winning the UFC championship, Rutten felt it was the right time for him to retire as a professional fighter. He now lives in the United States and works as an actor and fight coordinator in the motion picture and television industry. In addition to his film and television work, Rutten recently completed his groundbreaking exercise program *Bas Rutten's Mixed Martial Arts Workout*. Combining a video tape with four cassette tapes, Rutten's inventive workout program promises to revolutionize training and conditioning in much the same way that he rewrote the book of mixed martial arts fighting.





Q: How long have you been practicing martial arts?

A: Since I was 21 - a late age, I know. I started when I moved out of my parents house. They never wanted me to train martial arts because they let me train taekwondo when I was 14, and after two weeks I broke somebody's nose in a street fight. So when I moved out I immediately started training taekwondo and kyokushin karate. I have my second degree black belt in taekwondo and fifth degree in kyokushin karate.

As a kid I was very sick. I had a very bad skin condition and asthma. If I had an asthma attack I would be in bed for two weeks and couldn't even get up to go to the bathroom. For my skin condition I wore gloves which made me a target for the other children to pick on. That resulted in many street fights which, by the way, I never lost. I climbed trees a lot and was a loner. I would climb in a tree in the beginning of a forest very close to my house, and then I would swing from tree to tree to the other side of the forest. It came in handy when there were gangs of guys looking to bully me.

Fighting moves came very natural to me. I had my first degree black in taekwondo within one year, and my black belt in kyokushin within two - which is very fast by European standards. I was also good in general athletics. I was a good high jumper, long jumper, shot putter, discus and javelin thrower. I had to stop that, however, because I blew out my knee every time I competed - I guess my knee didn't match my leg strength.

Q: How has your personal fighting style developed over the years?

A: When I started taekwondo and kyokushin, I already felt that there was more. Even though kyokushin is very tough, there was no hitting to the head. So after six months or so I also started to train in Thai boxing. Three weeks after I signed up for my first class I fought my first Thai boxing match. In 1991, Chris Dolman, a famous free fighter from Holland saw me and a friend of mine doing martial arts demonstrations for television

and asked me if I wanted to train with him. I went over to his gym and had the worst experience in my life! I was a good Thai boxer, but when I rolled around with his students they killed me! When I drove home I pulled off the road, called

Japanese fighters named Suzuki and Funaki came to Holland with several other Japanese grapplers to find fighters for a new organization they were starting called Pancrase. Chris called me and I went there for a tryout. One of the

KO in 43 seconds. Man, that was an experience. Overnight, people recognized me on the street in Japan.

After another KO, the Pancrase fighters soon realized that stand-up was my game. I had just started training submission so I was totally new to the ground game. So my third opponent was Funaki, and he took me down and nearly broke my ankle with a toe hold. Then I won a few more and lost a few more. The last loss that I had against Ken Shamrock in February 1995, made me decide to forget about striking training and concentrate on more ground work. I found a really good training partner named Leon van Dijk, and we started to train together two times a day, just trying to tap each other. Chris Dolmans' Amsterdam school was far away from me but I also went there once a while. I never lost a fight again after making that decision to train heavily in grappling.

Q: How does full contact karate compare with kickboxing and mixed martial arts?

"One of the Japanese tried to hurt me during our sparring and that resulted in him going to the hospital for some stitches in his head. Instead of being upset at me, Suzuki and Funaki were very excited and made me an offer to fight. Two months later I fought my first Pancrase fight, which I won by KO in 43 seconds. Man, that was an experience. Overnight, people recognized me on the street in Japan."

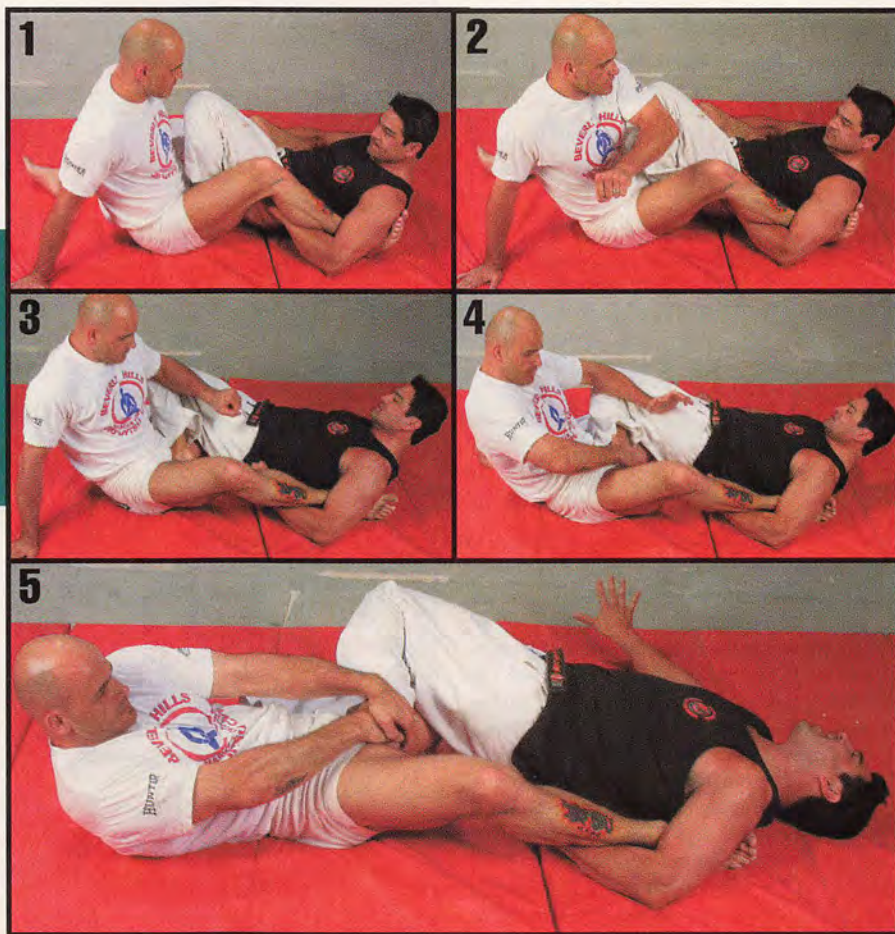
my wife, and told her that I was going to sleep in the car. When I came home my wife laughed because I couldn't eat because I got choked so many times! At the time, I thought that I could hold off a choke with my neck muscles and throat. I was wrong and I couldn't eat for a couple of days.

My wife thought that would be the end of my training there, but I told her that I was going to go back and learn enough to make those guys pay for what they did to me. A few months later, two

Japanese tried to hurt me during our sparring and that resulted in him going to the hospital for some stitches in his head. Instead of being upset at me, Suzuki and Funaki were very excited and made me an offer to fight. Two months later I fought my first Pancrase fight, which I won by

In my last fight against Frank Shamrock, he fell backwards into this position. I felt that there was something for me to do but I couldn't figure it out. When I came home after the fight, I put my friend in the same position and started to look for something, I came up with this.

(1) Bas Rutten's opponent falls backwards and wants to go for a leg lock. Rutten's opponent has to hold his right leg, otherwise he only has to put my right leg backwards and stand up; (2) With his left elbow, Rutten pushes his leg to the left; (3) then pushes it all the way down and at the same time opens his right thigh to create space; (4) Holding the leg down, Rutten now grabs his heel, not his foot, making sure that he has leverage so his thigh is catching his toes (not foot) and his hand is grabbing his heel; (5) Rutten lets his body do the work and holds his heel with his two hands and drops backwards for the submission.



"In the past, an instructor of mine would tell me to do something a certain way because the master who invented it had a fifth degree black belt. So what? If he never tried it in a real fight then I'm not interested in learning it."

A: I love full contact karate. I think it is one of the toughest martial arts in the world. I love to watch Thai boxing - especially the K-1. I love to see great fighters like Aerts, Hoost, Mike Bernardo - pretty much all the K-1 fighters are super! I am a big fan of Ramon Dekker, who for me is the greatest Thai boxer to ever compete. The UFC is super and Pride is sensational. I love to watch everything that is full-contact oriented.

All martial arts events are positive as long as you grow and don't keep your eyes shut and deny that the old way of semi-contact and point karate is the best, because it is not. Full contact is far closer to reality and you have to change or be left behind. Everything changes and uses new ideas to improve - human languages add new words, cars get more horsepower, tennis players hit harder, and runners move faster. The same thing is true with martial arts. We now all think that mixed martial arts is the best way to fight - but that could change too. Only God knows what's next.

I made this one up also - I never saw it before in my life. When I was in Japan in the dressing room with Jason deLucia and John Lober, they called me to go to the ring to fight and I told the guys in the dressing room "Watch this. I am going to do the Bas Rutten neck crank." Four minutes into the fight I beat the guy with this move.

(1) Bas Rutten makes sure that he holds his triceps with the left hand and also makes sure that his right hand grabs the back of his knee - control is paramount; (2) Rutten grabs his right leg with his left hand; (3) then grabs with his left all the way up his leg, just underneath the knee; (4) Rutten smiles for the cameras, like he did in Japan; (5) Rutten finishes by pushing his knees together and holding him. This move is not a real neck crank. It won't hurt your opponent but it will make him tap because he cannot breathe. The further you are into the fight, the better this will work.

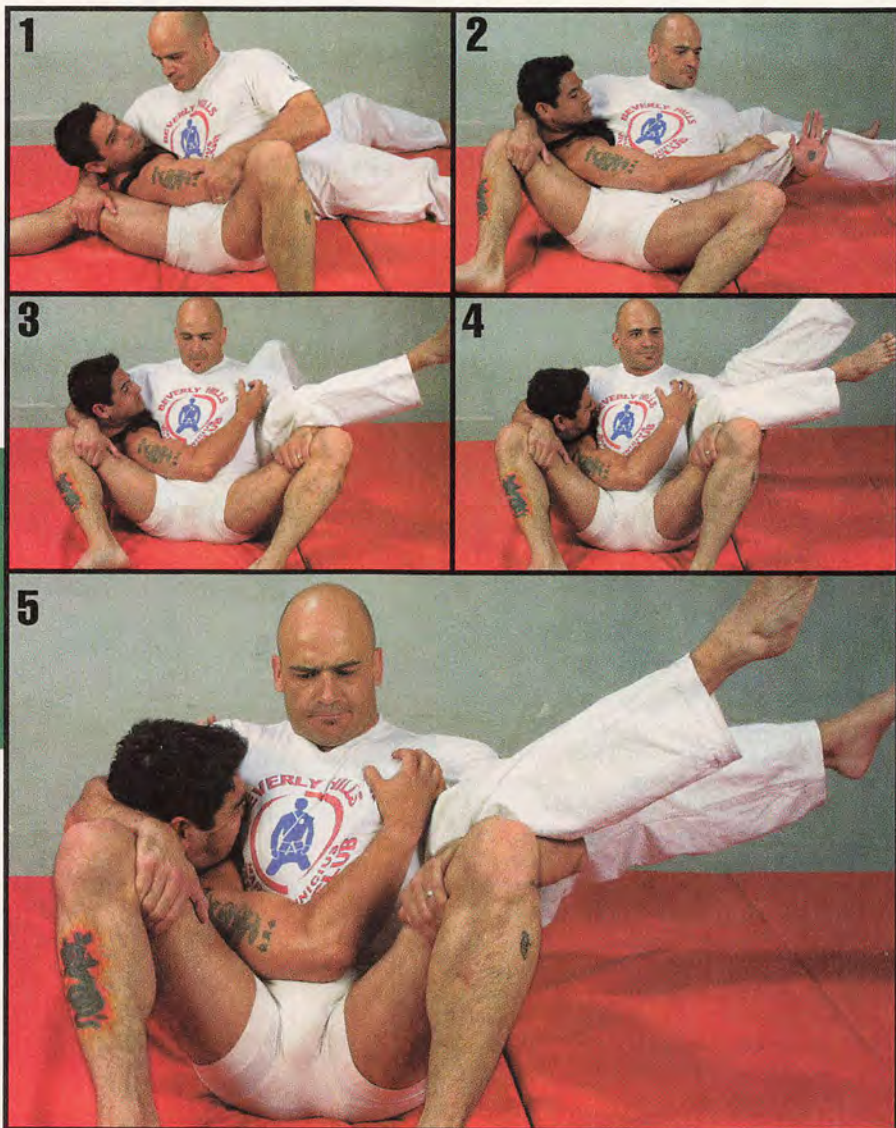
Q: What was Pancrase like?

A: Pancrase is not as big as other events in Japan - K-1 for example - but it is very popular and it was out there a long time before the UFC. I competed in it for a long time but they made me resign my title because I couldn't fight due to my daughter's birth. But I never lost my title to anyone and I had the opportunity to fight against very good opponents. At a certain point I was fighting too much - 31 times in four years! I have always been

open to good offers to participate in any kind of fighting event. One thing I don't really like in NHB these days is the lack of technique that there used to be in the early Pancrase and UFC shows. Martial arts techniques are just not there anymore. Now it's just two guys throwing each other down and pounding away. I feel that in the end that's going to affect the way the sport is perceived by the fans and hurt its popularity.

Q: Do you think Western fighters have caught up with Eastern fighters?

A: I really think that the West has caught up. Traditional martial arts are from the East but right now the West has many world champions in every martial art. Still, it is very special to go to Asia and see the people there compete in their



own styles. The East has this special feeling. Also, I think that martial arts is still more in the souls of the Eastern fighters. They have ancient traditions that they still live by.

Q: Martial arts are considered a sport these days. Do you like that?

A: I do. I consider it more of a sport than throwing darts, for example, where they drink beer during the game and never even break a sweat. I think it is one of the best man against man competitions. I really think that you have to get tired in order to call anything a sport. Look at auto racing; it requires super mental concentration and a strong body to drive four hours or more.

People who say martial arts fighting is barbaric are totally wrong. Guys who say that they don't like fighting or don't want to be a good fighter not being honest with themselves. If they are walking on the street with their wife, and they get bullied by some punks who are looking for trouble, they will suddenly pray to God that they could fight so that they can teach them some respect. If they deny this, well, they are lying.

Q: What is your training regimen?

Continued on page 126

Bas Rutten's Scouting Report

Rickson Gracie: Very good jiu-jitsu fighter who has done well in no-holds-barred. I and everybody else would like to see him matched against someone like Sakuraba, Vanderlei Silva, Tito Ortiz, Carlos Newton, Pele, or any top fighter.

Mark Kerr: Had some downs lately. Very strong fighter and one of the first wrestlers who cross trained. Don't count him out yet.

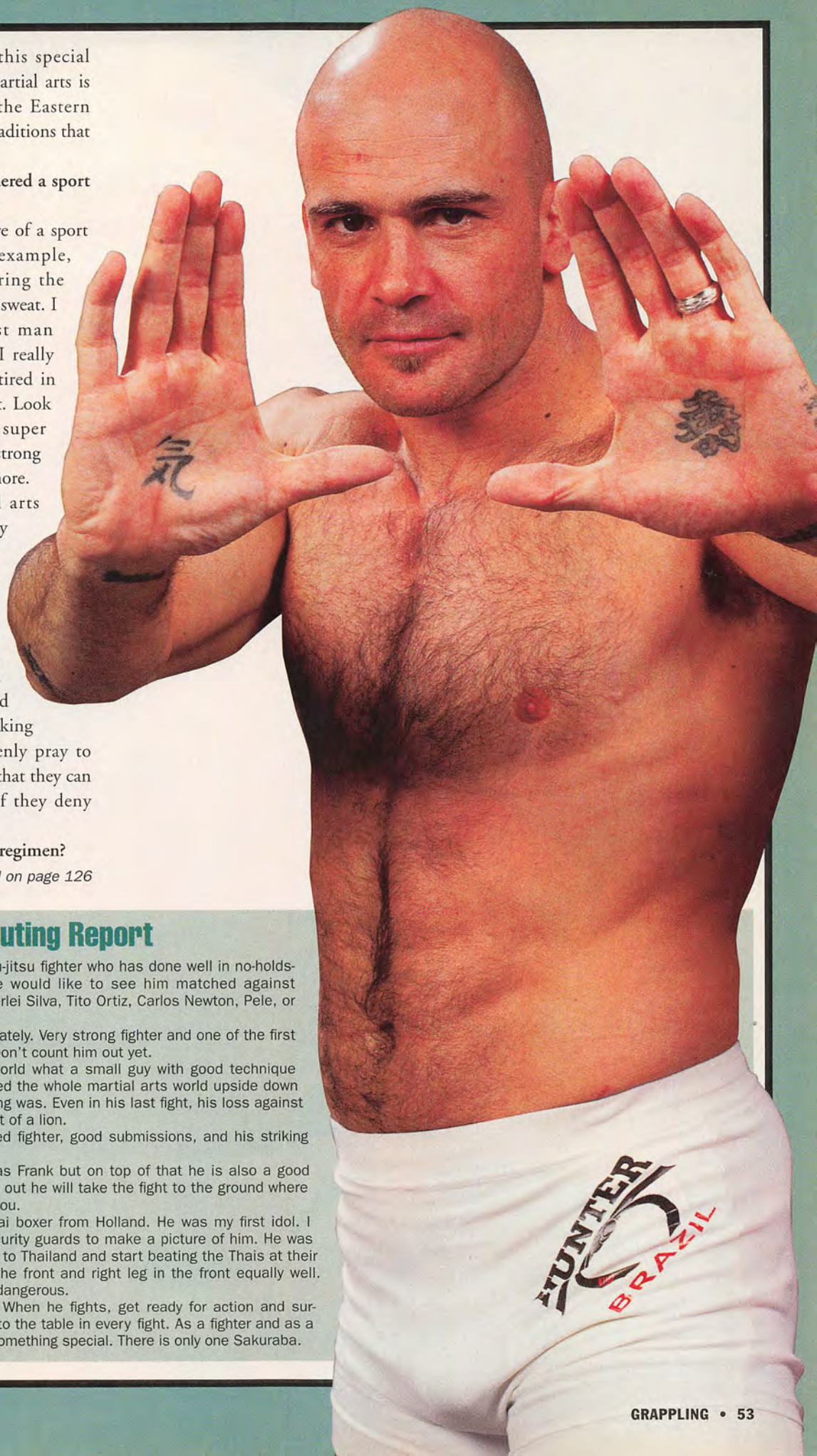
Royce Gracie: Showed the world what a small guy with good technique can do against big guys. Turned the whole martial arts world upside down by showing what ground fighting was. Even in his last fight, his loss against Sakuraba, he showed the heart of a lion.

Frank Shamrock: Well-rounded fighter, good submissions, and his striking skills are improving a lot.

Ken Shamrock: Same thing as Frank but on top of that he is also a good wrestler. If he can't knock you out he will take the fight to the ground where he has a lot of skills to finish you.

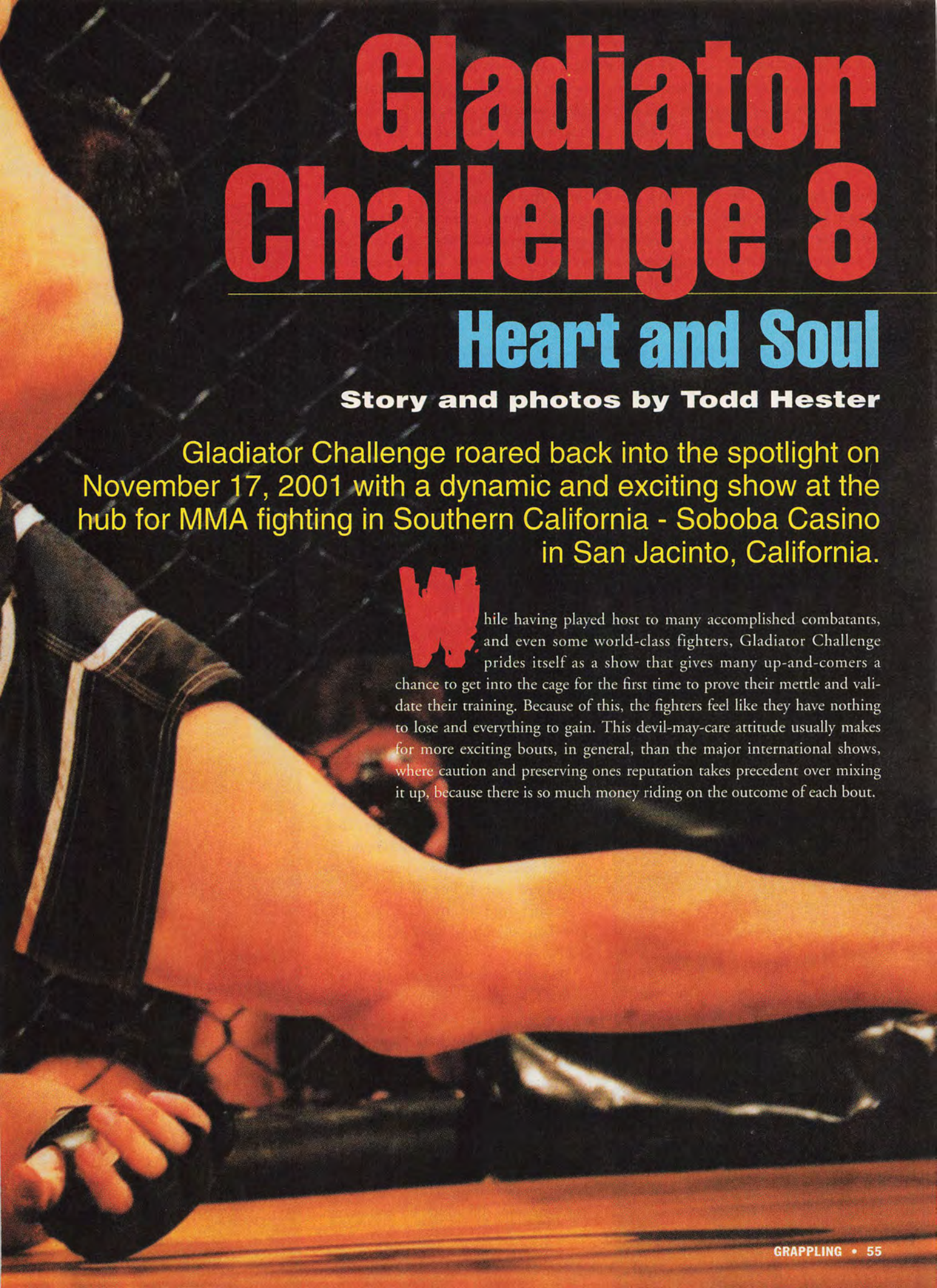
Rob Kaman: Unbelievable Thai boxer from Holland. He was my first idol. I would jump in front of the security guards to make a picture of him. He was one of the first ones who went to Thailand and start beating the Thais at their own game. Fights left leg in the front and right leg in the front equally well. Very technical and extremely dangerous.

Sakuraba: The ring matador. When he fights, get ready for action and surprises! Brings something new to the table in every fight. As a fighter and as a person outside the ring he is something special. There is only one Sakuraba.



A full-page photograph capturing a moment of intense physical struggle in a Brazilian Jiu-Jitsu (BJJ) match. Two athletes are locked in a grapple against a chain-link fence. The athlete on top, wearing black gloves and a black gi, is in a dominant mounting position, pressing down on the back of the other athlete. The athlete on the bottom, also in a black gi, has a large, detailed tattoo on their left shoulder and is looking up with a focused expression. The lighting is dramatic, highlighting the sweat on their skin and the texture of the gi. The background is a dark, metallic chain-link fence.

Juliano Prado mounts
Boa Quatch.



Gladiator Challenge 8

Heart and Soul

Story and photos by Todd Hester

Gladiator Challenge roared back into the spotlight on November 17, 2001 with a dynamic and exciting show at the hub for MMA fighting in Southern California - Soboba Casino in San Jacinto, California.

While having played host to many accomplished combatants, and even some world-class fighters, Gladiator Challenge prides itself as a show that gives many up-and-comers a chance to get into the cage for the first time to prove their mettle and validate their training. Because of this, the fighters feel like they have nothing to lose and everything to gain. This devil-may-care attitude usually makes for more exciting bouts, in general, than the major international shows, where caution and preserving ones reputation takes precedent over mixing it up, because there is so much money riding on the outcome of each bout.

In the UFC, for example, a single loss can mean the cancellation of a lucrative contract - such as recently happened to Fabiano Iha (whom many felt won his last UFC fight) and Vladimir Matyushenko (who took Tito Ortiz the distance and cut the champ for the first time in his career). Being a MMA competitor himself, however, gives Williams an insider's perspective and a fighter's mentality. "I don't drop someone because they lose," Williams says flatly. "If someone comes to fight and gives it their

"However, the weight difference alone is misleading. In my matchmaking, the lighter man will usually be much more experienced in competition than the heavier man and will be the one who pushes to get the fight."

While all of the fighters *did* agree to their opponents before the event, it became apparent as the night wore on that some of them didn't realize just how much difference 20 pounds *can* make in an all-out cage bout, and so seemed in a little bit over their heads. With that being said,

"If someone comes to fight and gives it their all you really can't criticize or punish them. Show me you've got heart and soul and I'll stand behind you."

all you really can't criticize or punish them. Show me you've got heart and soul and I'll stand behind you."

With so many fighters wanting to compete in Gladiator Challenge because of that attitude, Williams' biggest challenge is finding enough opponents of similar weight to battle each other. Not wanting to exclude any fighter, some of the bouts ended up having an apparent weight disparity of 20 or more pounds. "In some cases the fans might see an apparent mismatch," said Williams.

however, head referee Larry Landless did his usual fine job of keeping a very close watch on the matches, insuring a quick stoppage when it looked like anyone was in danger of absorbing unneeded punishment. "My first concern," Landless said, "is the welfare of the fighters - then pleasing the fans. I will always err on the side of safety and caution."

Undercard Fights

Jermaine Watts and Louie Vaith faced off in an action-packed 165-pound match that saw Watts start out aggressive in the first round with lots of punches, then fade as Vaith dominated the action on the ground in the latter two circuits of the five minute period. In round two, Watts came out strong again only to be taken down and submitted via a heel hook at 1:17.

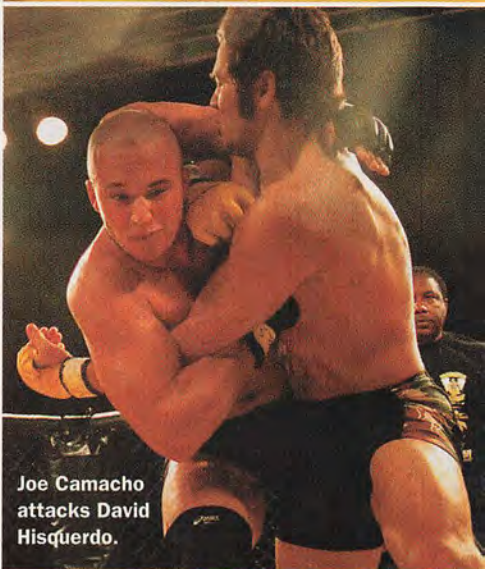
Shawn Ramage then entered the cage against Matt Baraza. Ramage was in control of the match early, going to the ground and pushing Baraza's head into the cage where he landed some big knees to Baraza's back. After a break for no action, Ramage again took Baraza down, but Baraza reversed with two minutes left, got to Ramage's back, and nearly submitted him with a choke. In the second round Ramage caught his second wind and took Baraza down against the



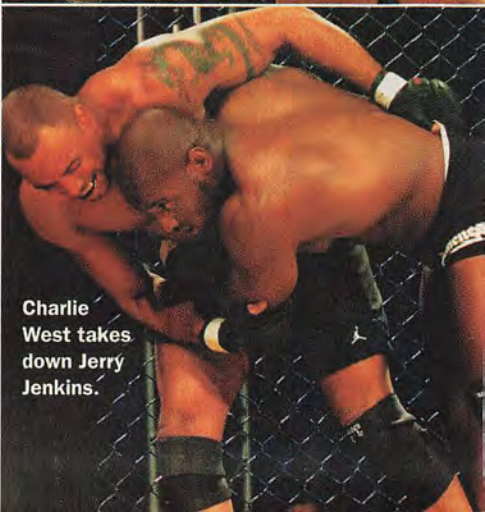
Art Santori shoots on Erik Meaders.



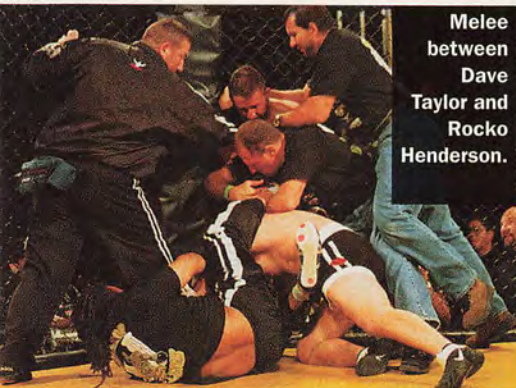
Cipi Gamino mounts Sost Infante.



Joe Camacho attacks David Hisquierdo.



Charlie West takes down Jerry Jenkins.



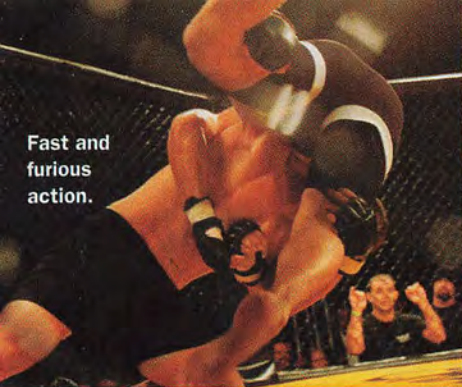
Melee between Dave Taylor and Rocko Henderson.



It's a bird! It's a plane! It's Basman!



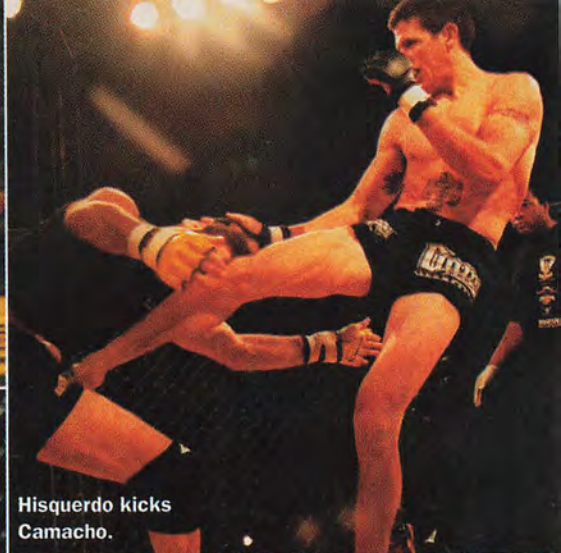
Too hot to handle!



Fast and furious action.



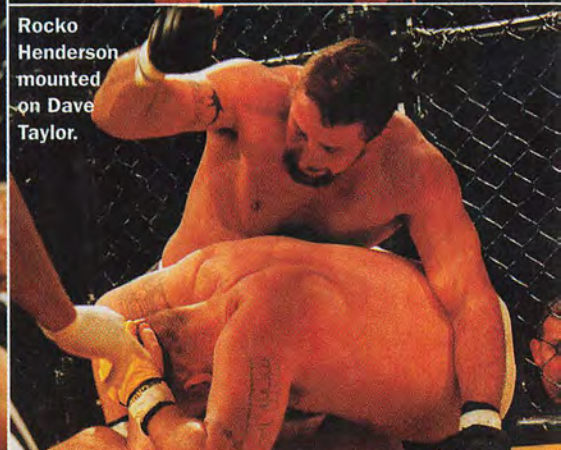
Hisquerdo finishes Camacho



Hisquerdo kicks Camacho.



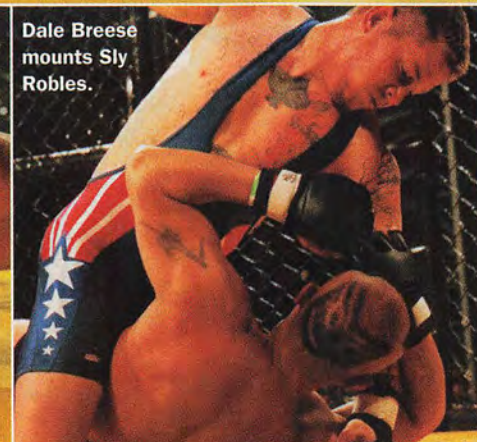
Juliano Prado in side control on Boa Quatch.



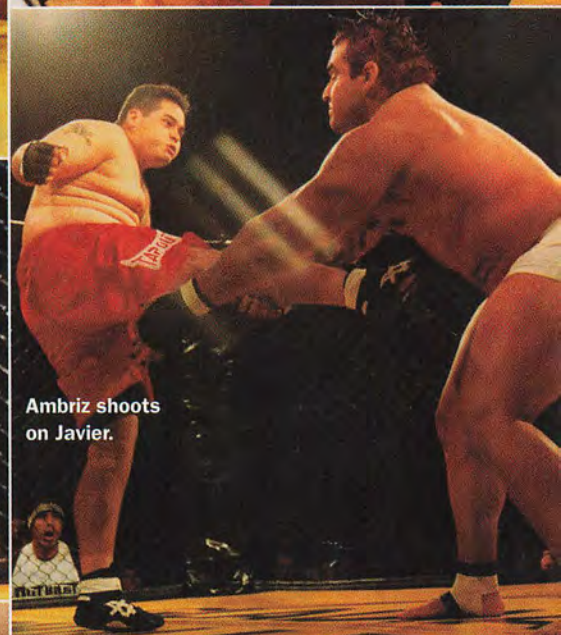
Rocko Henderson mounted on Dave Taylor.



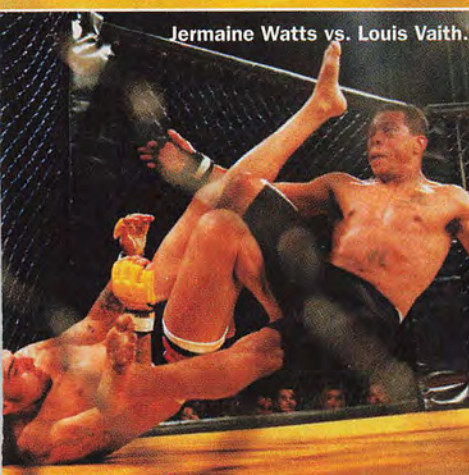
Baraza chokes Ramage.



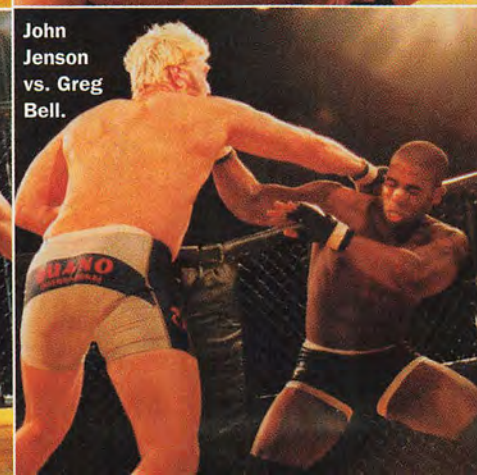
Dale Breese mounts Sly Robles.



Ambriz shoots on Javier.



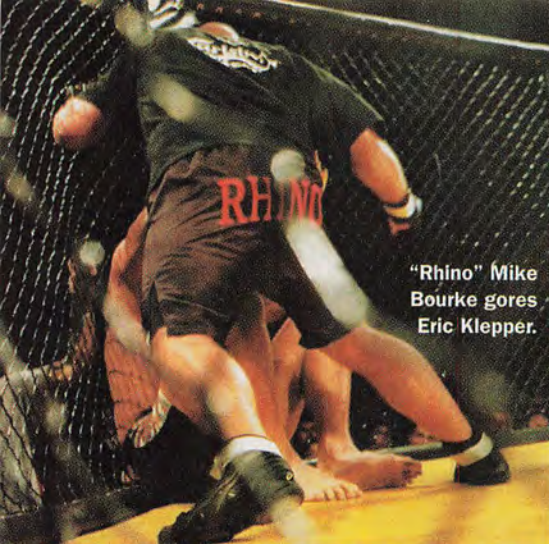
Jermaine Watts vs. Louis Vaith.



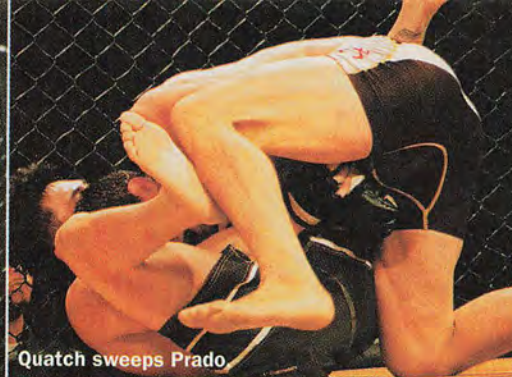
John Jenson vs. Greg Bell.



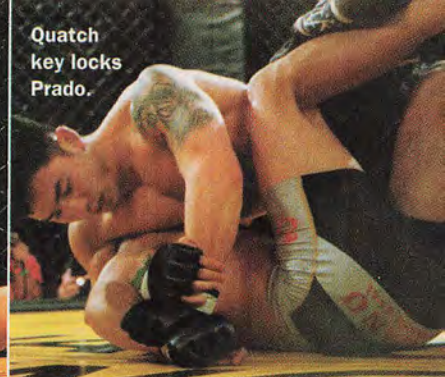
Mark "The Bear" Smith controls Joe Tauanuu.



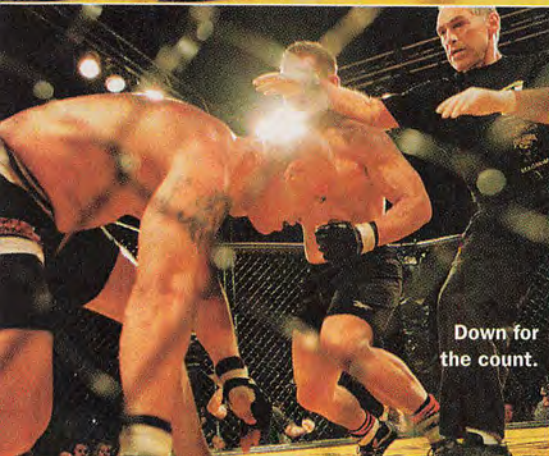
"Rhino" Mike Bourke goes Eric Klepper.



Quatch sweeps Prado.



Quatch key locks Prado.



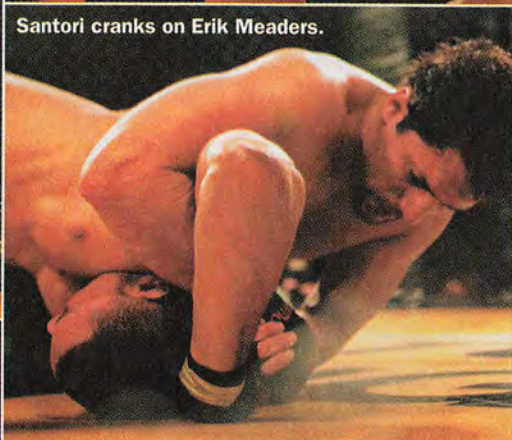
Down for the count.



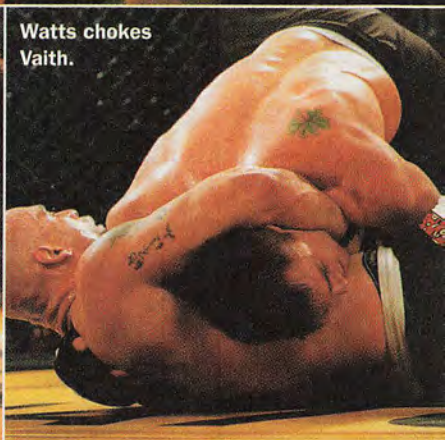
Kupihea takes Lambert down.



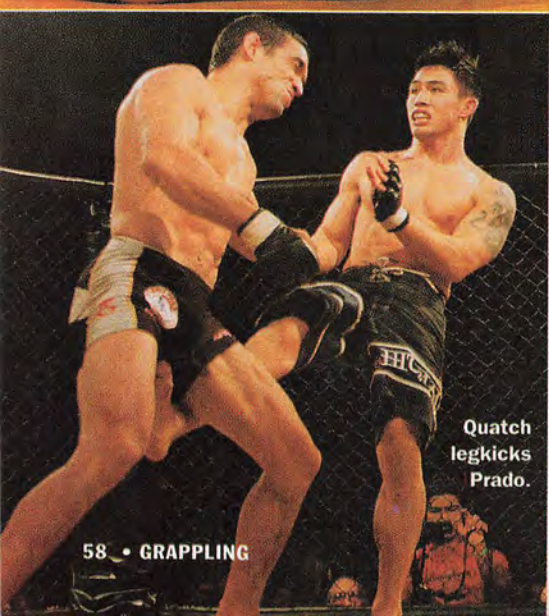
Jenson axe chokes Bell.



Santori cranks on Erik Meaders.



Watts chokes Vaith.



Quatch legkicks Prado.



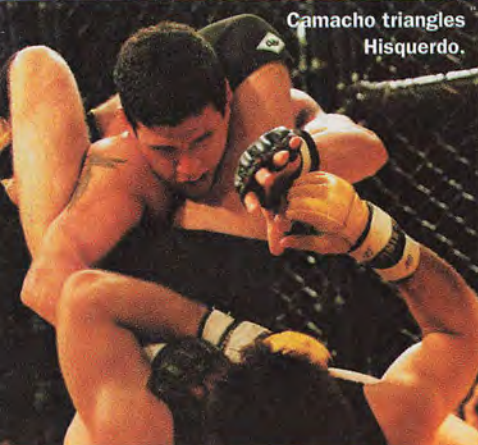
Lambert takes Kupihea's back.



Camacho throws Hisquierdo.



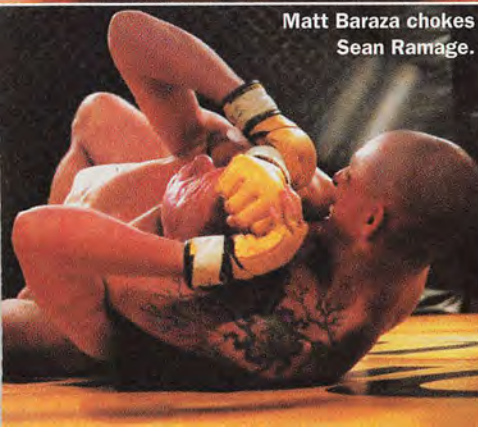
Dale Breese dominates
Sly Robles.



Camacho triangles
Hisquierdo.



John Jensen pounds
Greg Bell.



Matt Baraza chokes
Sean Ramage.

fence when he nearly submitted him via a triangle which Baraza broke with a body slam. In the final part of the round Baraza controlled the fight with punches, leaving Ramage hanging on for dear life. The two-round decision, however, went strangely to Ramage.

Doug Grande then stepped-in against Lucas Pace. The two started by circling without much action, then Grande executed a high throw, taking Pace down and landing on top, where he pressured him against the cage and landed short punches to the ribs. Pace, though, stuck on the bottom, deflected any head shots, patiently worked his Chris Brennan-style ground game, locked in the triangle and submitted Grande at 2:42 of the first round.

Chuy and Thomas Kenny then locked-up in a two-round battle. Chuy had good luck with the guillotine in the first round and repeatedly caught Kenny in it. Kenny, however, managed to escape each submission attempt and spent the majority of the time mounted. The second round saw Chuy gas a little and Kenny took advantage of it to establish ground control from inside the guard, where he landed heavy blows. Even though they were repeatedly stood up by the referee, Kenny consistently took Chuy down and punched from inside the guard and from the side mount. Kenny eventually landed a monster right that knocked Chuy down and only the bell saved him from a K.O. A tough but decisive win for Kenny.

Dennis Henderson then faced Matt Anderson. Anderson came out strong despite looking a little soft around the middle, and took Henderson down where the two exchanged reversals with Henderson getting on top. Anderson then turned his back giving Henderson the hooks, which he then gave up. Staying on top, Henderson then hit Anderson on the back of the head, fouling him, and severely shaking him. Referee Herb Dean broke them and deducted a point from Henderson. But the damage had been done and Anderson was unable to continue. The bout was correctly ruled a no-contest.

Jimmy Ambriz then faced Javier in a fight that was over almost before it started. Ambriz, looking a lot heavier

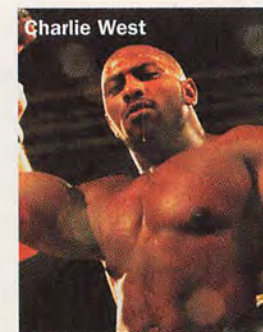
than Javier, rushed across the ring, took him down and began pummeling him from the top. When Javier didn't defend himself, the referee correctly stopped the match at :47 of round one.

The final undercard fight pitted crowd favorite "Rhino" Mike Bourke against Eric Klepper. Bourke began the match by charging across the ring like, guess what? A rhino! They clinched against the fence and danced around exchanging small body punches, with Bourke driving the action. Bourke continued to pressure Klepper, tiring him but taking several hard knees to the stomach in the process. As it turns out, the Rhino was just playing possum as he suddenly stepped back and landed a crushing right that send Klepper to the ground. Bourke followed him down and landed a barrage of blows forcing the referee to stop the match at 4:43 of round one. A very nifty and clever win for the Rhino.

Feature Fights

In the first feature bout, Cipi Gamino faced Sost Infante in a battle of 165-pounders. The fight started in a clinch as Infante forced Gamino against the cage. Gamino, however, was more active and landed sharp blows before underhooking Infante on the feet. Gamino then used the underhook to take Infante to the ground where he mounted and punched before Infante rolled out and got back to

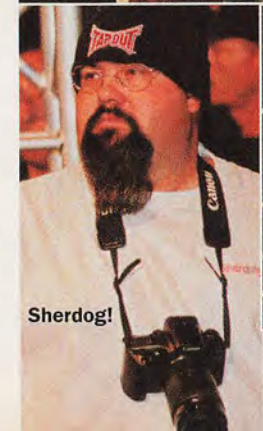
Continued on page 95



Charlie West



Hisquierdo with
coach Charlie
Kohler.



Sherdog!



Jerry
Jenkins

A Talk With

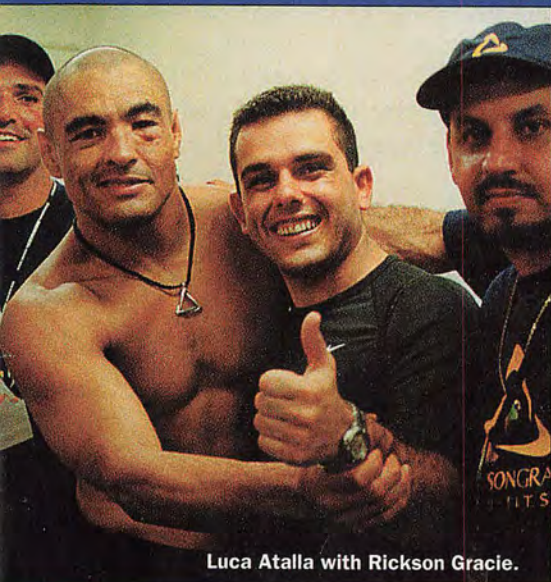
Luca Atalla

Editor Of Gracie Magazine

By **Eddie Goldman**

Luca Atalla is a black belt in Brazilian jiu-jitsu and one of the pioneers in mixed martial arts journalism. Since the beginning of the sport, he has covered countless events in numerous countries.

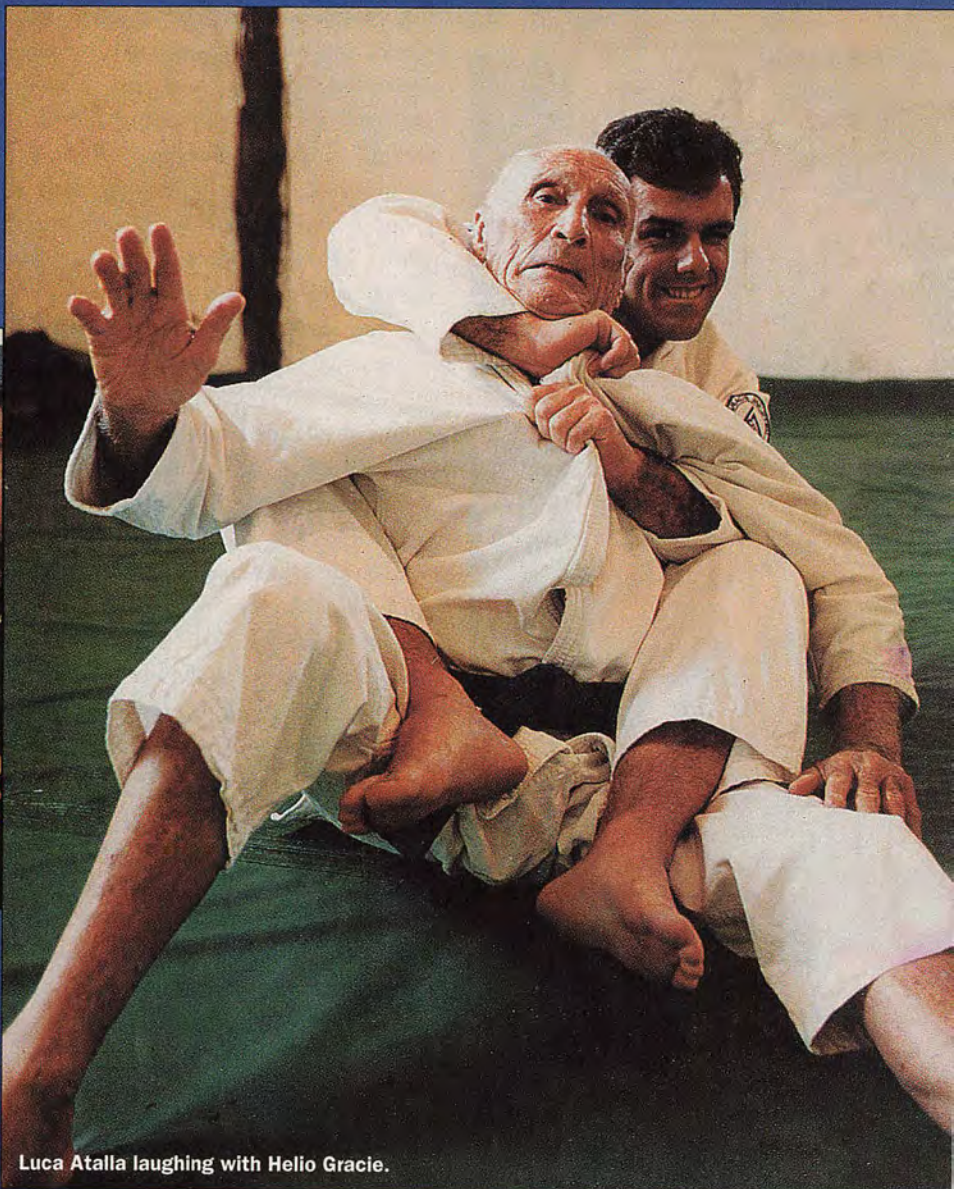
It's not every day that you can sit down and talk with a wise man. In mixed martial arts, this is even more difficult, as there is a shortage of wise men and women, and what often tries to pass as wisdom is about as profound as a late-night infomercial. Yet I did have that chance recently at the Grapplers Quest



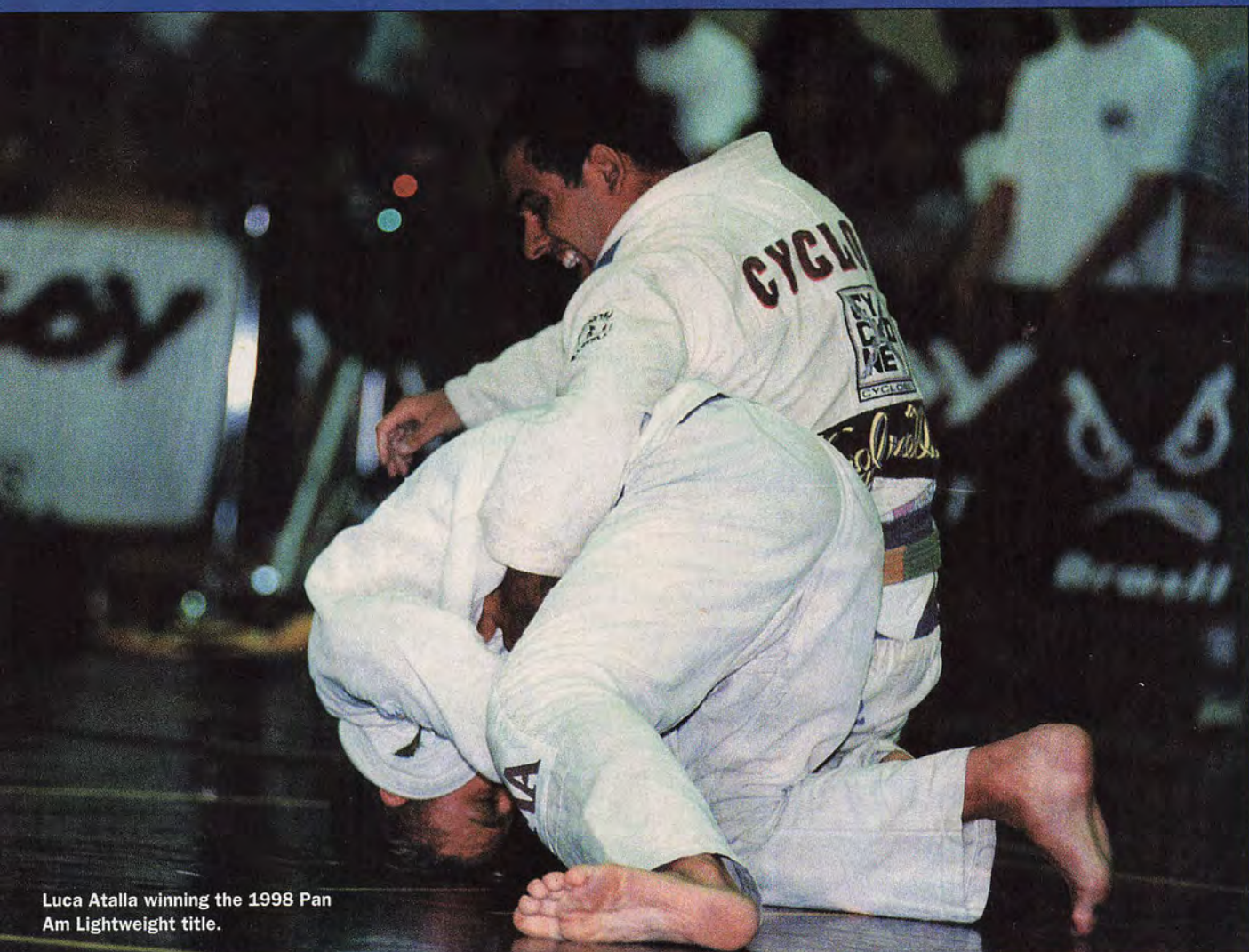
Luca Atalla with Rickson Gracie.

tournament in New York.

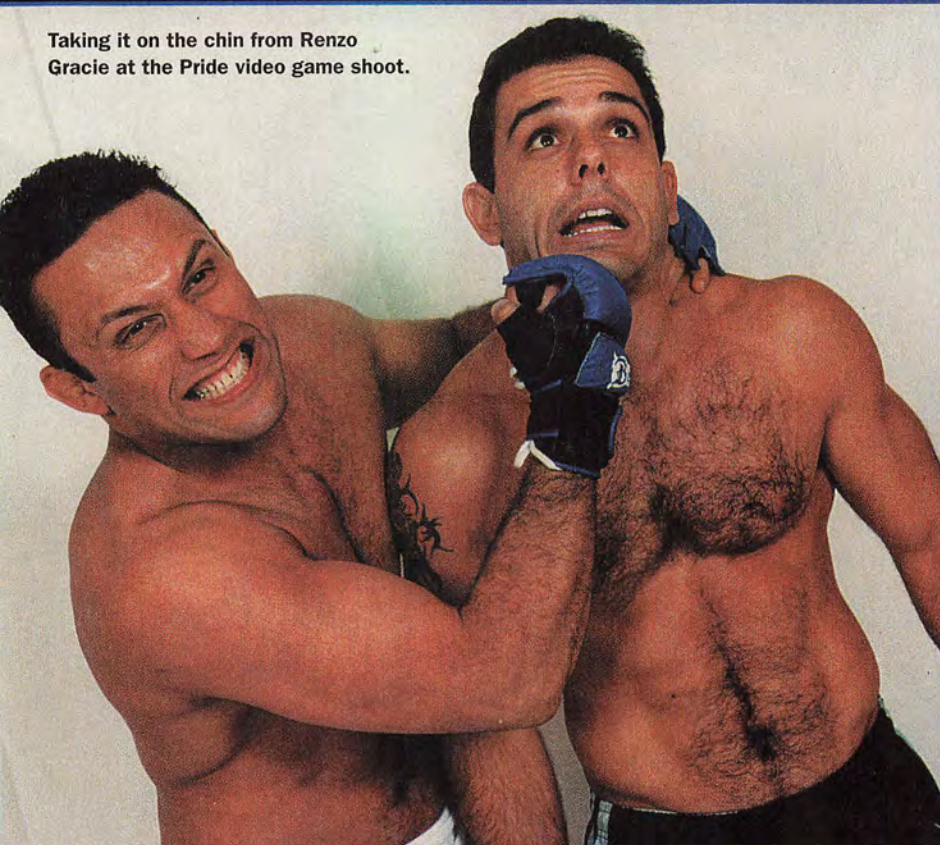
Little did I know as I was watching the advanced 170-pound division that one of the participants, who was busy choking someone out, is an old friend, Luca Atalla, editor of the Rio de Janeiro-based *Gracie Magazine*. Luca is not only a



Luca Atalla laughing with Helio Gracie.



Luca Atalla winning the 1998 Pan Am Lightweight title.



Taking it on the chin from Renzo Gracie at the Pride video game shoot.

black belt in Brazilian jiu-jitsu, but also one of the pioneers in mixed martial arts journalism. He has been there from the beginning, and we have talked and consulted each other in countless events in numerous countries. So after he got done applying a nice rear naked choke, I flagged him down to get his views on a wide number of topics.

For those who have not seen *Gracie Magazine*, although it is mainly a Portuguese-language publication, its Web site does have news and features in both English and Portuguese. "My dream is to put the magazine in the United States," Luca said. "But for a while the only thing I can do is let the Americans read the web site. So I'm trying to make all efforts to put all news in English as well." The Gracie Magazine web site address is <http://www.gracie-magazine.com/>.

Much of that news in recent years has involved an unexpected topic: a string of



losses by members of the Gracie family in mixed martial arts to Kazushi Sakuraba in Pride. Luca had a lot to say about this, and each of the fights that Sakuraba had defeated a Gracie.

"Everybody is learning the sport right now," Luca explained. "With the television, with the tapes, it's very hard to show something new. So now it's not a matter of style of the fight. It's just a matter of the conditioning, of heart, and of course technique. But you have to mix technique with conditioning, very good conditioning, and very good heart. So about Sakuraba's fights against the Gracies, each fight he won for a different reason."

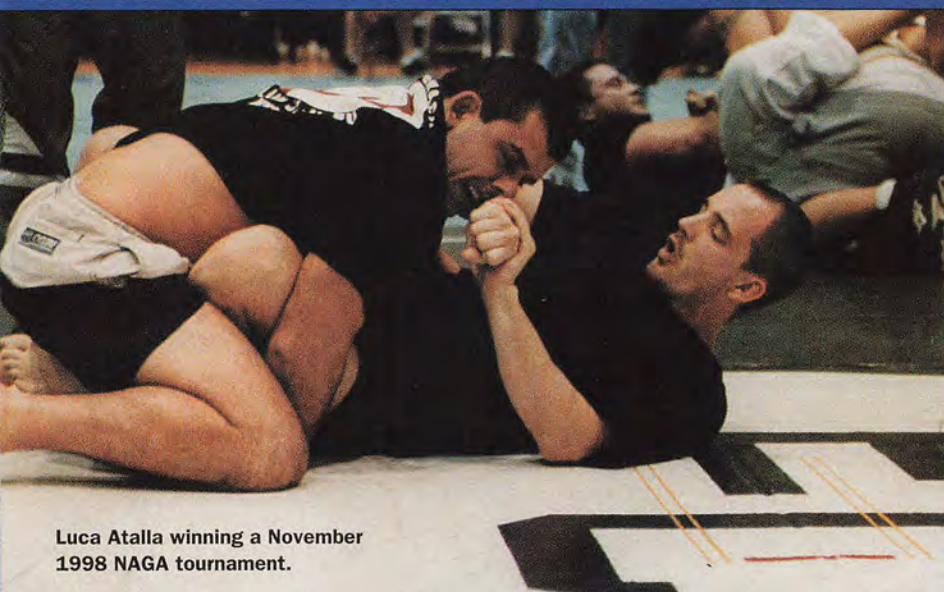
The first was the loss by Royler Gracie at Pride 8 on Nov. 21, 1999, by a referee stoppage because of an armlock at 28:16 of a scheduled 30-minute fight. "In the first fight against Royler," Luca said, "he was much heavier than Royler. And Royler's technique couldn't go beyond the weight difference." Sakuraba outweighed Royler by about 40 pounds, and that fight was supposed to be declared a draw if it went the full 30 minutes. Royler protested the stoppage, saying he was unhurt, and many agreed, but the decision stood. In any case, Sakuraba did dominate that fight.

Next was the fight against Royce Gracie in the Pride Grand Prix tournament on May 1, 2000, in which Rorion Gracie threw in the towel after a total of 90 minutes and six grueling rounds. "The second fight against Royce," Luca said, "Sak showed he had more endurance than Royce. They fought a pretty close fight the whole time. But he showed he

(L-R) Claudio Coelho, Nelson Monteiro, Ricardo Moraes, Adilson Bitá, Luca Atalla, and Sean Alvarez at Rings.



Luca Atalla training hard with Shiek Tahnoon.



had more conditioning to go more and more. And Royce had to give up."

Then there was the classic battle between Renzo Gracie and Sakuraba at Pride 10 on August 27, 2000. In that fight, Sakuraba defeated Renzo by referee stoppage at 9:43 of the second round, meaning with just 17 seconds remaining, after Sakuraba got an inverted Kimura armlock on Renzo and Renzo dislocated arm.

"Against Renzo," Luca philosophized, "I think he got his only real opportunity in the fight, so he was very, very opportunist. But the fight was very close as well and it was just a matter of one move that decided the fight. So I think that if they fight again, it could be a different result."

On Ryan's fight, Luca took a different tack. In that 10-minute bout at Pride 12 on Dec. 23, 2000, Sakuraba won a unanimous decision. "And against Ryan," Luca said, "I think Ryan was totally unprepared - it wasn't the time for Ryan to fight against Sakuraba. It was just his second professional fight, and Sakuraba has like 20 fights, so it made the difference."

Luca concluded, "You got to be professional, especially in the conditioning training, and the technical study." He pointed out how UFC and Pride fighter Ricardo Almeida, who is Renzo's student and one of the instructors at his academies, has been training at a facility in New Jersey that caters to professional athletes from many sports.

That facility is located in Fair Lawn, New Jersey, and is run by Martin Rooney. It focuses on athletic performance



Luca Atalla receiving the 1996 Pan Am Light Heavyweight gold medal.

training, and currently trains athletes from the New York Giants football team as well as other NFL players, the NJ/NY Metrostars soccer team, several major league baseball players, thousands of high school athletes in New Jersey, and a list of fighters including Renzo and Rodrigo Gracie, Ricardo and Flavio Almeida, Sean Alvarez, John Rallo, and boxer David Telesco.

"I've never seen such professional work in mixed martial arts before," Luca commented on the training there. "So he had several kinds of ways to push the athletes to make the fighter an athlete. So we will see the result."

Luca also saw the need to tailor one's training and techniques to the specific rules of the fight promotion. "In the tactical area," he said, "you have to study because it's very different to fight in UFC and Pride." And here he made one of his strongest comments.

"I'm totally against the cage," Luca argued. "I think the cage holds the fights. When you fight in the ring, you get much more movement. In the cage you have a problem when somebody takes the other guy down. He just pulls to the cage and stays there. And it's bad for tech-

nique. It's bad for the guy in the guard to try some moves like arm bars, sweeps, and anything, because they are always held by the cage."

He went on, "And I'm against the cage also because it's kind of hard for the people, the audience, to watch in the stadium. I know the tradition of the UFC is the cage. But I think they have to think about it because the cage is really against the sport. But if you are going to fight in the cage, you must be prepared for this kind of fight. It's a really different fight from fighting in a ring."

We also discussed the training injury to Vitor Belfort, who had been scheduled to fight Tito Ortiz at UFC 33, but gashed his arm in a freak accident as it went through a window as, ironically, he was training for techniques used in a cage. Vitor was training with long-time boxing coach Al Stankie and former U.S. Greco-Roman wrestling national champion and UFC fighter Darrell Gholar for this fight.

"Vitor, in the last fights in Pride, didn't show much of his boxing," Luca observed. "But now against Tito, he thought he had to improve, to use those skills again. So he got Al Stankie to train him. He was close to him a long time

before the fight. And he was smart in getting a good wrestler to train him, because Tito is a good wrestler. But I think with good training, good orientation, Vitor could avoid Tito's takedowns. So it was very smart on Vitor's part putting those guys to train him." There is talk that Vitor might finally get his chance to fight Tito in early 2002, although nothing has been signed yet.

We also talked about the photo of Vitor's injury that appeared on the ADCC News Page and the accompanying article I wrote about it. "It was a good surprise that you are working for ADCC News as well as *Grappling Magazine*," Luca said. "We are missing you in Brazil, and eYada was the only live talk show we had. But unfortunately the thing got down, and now we have one of the first mixed martial arts journalists again in the business."

It's good to know that I still have some friends in such influential places. Whether you agree or disagree with his perspective, Luca Atalla is not only one of the good guys in mixed martial arts, but also one of the most perceptive analysts of this business.

And to tie up loose ends, no, Luca didn't win that division in which he was competing at the Grapplers Quest. "I just came here to watch Flavio's fight," Luca said. "And then I just decided to fight. And I had this opportunity, and I took that [laughs]." But after just one match, Luca stepped aside. "I just did one fight because Renzo's student was in the same final against me, and I wasn't here to fight against my friends of the same academy. And then I decided to give up my place to him, to let him fight in the finals." The grappler Luca was referring to was Joe Scarola of Renzo Gracie's academy. Joe went on to capture this division, while Luca took third after another fellow Renzo student, Stan Beck, also decided not to compete against a team member.

See, we told you he was a good guy. Hopefully Luca's observations will stir up some healthy discussion about issues like the Gracies, training and conditioning, and the use of a ring or a cage. I know he has already gotten my juices flowing on these issues.

"Matt Furey Discovers Legendary 1914 Farmer Burns Mailorder Course... Makes It Available Once Again"

In 1914, Farmer Burns, a world champion wrestler and the teacher of Frank Gotch, put out a mail order wrestling course entitled, *Lessons in Wrestling and Physical Culture*. This 96-page course, divided into twelve different lessons, is a literal gold mine of information on catch wrestling; including throws, pinning and submission holds. Lesson XII is even entitled, *Jiu-Jitsu — Self-Defense and Their Relation to Wrestling*.

Many people have heard of the course but few people have it. And those who do have it wouldn't dare lend it to anyone, including friends.

Farmer Burns, the man with a 20-inch neck at a bodyweight of 175 pounds; the man who could do a six-foot hangman's drop and remain unharmed, is legendary for his wrestling prowess and for his teaching method. While in his 70's he was still a major force to be reckoned with. His instructions on the proper application of the half-nelson, three-quarter nelson, quarter-nelson, full nelson and hammer lock are well worth the price of the entire course. Most modern day wrestlers are not taught the proper way to do these holds, if they are even taught them at all.

High school and college wrestlers I have trained have been dumbfounded at how well these holds work (when properly applied), and wonder how they could have ever become a lost art. Those who are students of judo, jiu-jitsu and sambo, love these holds, too... and they really get pumped when they see how incredibly effective the toe holds, neck cranks and wrist locks are.

Believe me, even if you already think you know how to do these holds, get this course because you are most likely missing several crucial details. And you better warn your training partner before practice. His neck, shoulders, arms and ankles may be really sore. We're talking MAJOR cranking power.

How Much Did Farmer Burns and the Other Oldtimers Know?

In the modern era of grappling we tend to believe that we know more than the men of long ago. But the truth is that armbars, chokes, chicken wings, wrist locks, toe holds and so on, have been around for ages.

You only need to read a couple pages of Farmer Burns 1914 mail order course, *Lessons in Wrestling and Physical Culture* to realize that we know far less than the old-timers. Not only that, if you are a person who can see the connection between Asian martial arts and the combat arts of the west, you'll find plenty of beef in Farmer Burns course.

Many people in martial arts today scoff at the practice of chi kung. Farmer burns didn't. He didn't call his deep breathing exercises "chi kung" - but if he would have translated the course into Chinese, he would be teaching just that. Here is a direct quote: *"Breathing exercises alone, if done RIGHT, will make many a weak man strong and many a sick man well."*

The Farmer also talks about other benefits of deep breathing, namely, development of internal organs and strengthening of the abdominal muscles. Look at the quote below and tell me if it doesn't resemble the teachings of Iron Shirt Chi Kung (the ability to take a strike to almost any part of the body and not feel pain).

"My own abdominal muscles are soft enough when relaxed, but when I 'set' them the muscles are as hard and rigid as the muscles of my arms or legs. In fact you might strike me with all your force on the stomach with your clinched fist and not cause the least pain. Many have done this and suffered more pain from the blow than I, for my 'stomach' muscles have been trained and developed just as carefully as all other parts of my body."



"I want every one of my students to 'make good,' and to develop an all-around physique, so be sure to take daily exercises for the development of the abdominal muscles. There is nothing better for this than my methods of DEEP BREATHING and HOLDING THE BREATH..."

Did you see that? Nothing better for abdominal development than deep breathing and holding the breath. Sounds like Farmer Burns was connected to the same river of knowledge that martial arts masters in Asia were connected to.

Famous Old-Timers Who Praised Farmer Burns:

"I take off my hat to the grand Farmer Burns. No one ever saw another such wrestler, for there ARE NONE. On themat he is quicker than lightning, stronger than a bull, and slyer than a fox. I'll bet all my ponies he can whip any prize fighter on earth. I'm glad to call him my friend for he is a true sportsman and a gentleman - as square as they make them."

"Buffalo Bill"

(Col. Cody, Scout, Indian Fighter, Showman)

"I became a worlds champion BECAUSE my staunch friend and teacher 'the old Farmer' MADE ME CHAMPION. I was an ordinary farm boy, strong and healthy. From this Farmer Burns developed me so that I defeated all the great wrestlers of the world."

Frank A. Gotch

World Champion Wrestler

"Farmer Burns assisted in training me. He is the man I listened to for HE KNOWS HOW TO TRAIN. He ought to. It's his specialty. He has devoted his life to it. He made Gotch and many other Champions."

Jim Jeffries

World Heavyweight Boxing Champion

"Farmer Burns was the best there was and is still way ahead of what we see today. He could beat you wrestling or in an all-out street fight. It made no difference. At Jim Jeffries camp, he got into an argument with Billy Papke, one of the top professional boxers of the day. They decided to settle it with a no-holds-barred fight. Within moments Burns had Papke on the ground begging for mercy. Burns was 50 at the time."

Karl Gotch

1948 Olympian, "God of Pro Wrestling" in Japan

I can't recommend Farmer Burns course strongly enough. In 1914, when this course came out, it sold for \$35. In the year 2000, that same \$35 would be \$588.15. That's a lot of money, don't you think? But the truth is it would be worth every penny. However, you don't have to pay \$588.15 to get a copy of this incredible course. For a limited time you can get your very own copy of it for only \$50 plus \$6 S&H U.S. (\$10 foreign).

So don't delay. Order while supplies last. Remember: This is a limited offer that may expire at any time. Get your copy of Farmer Burns' famous mail-order course today.

Again, it is 96-pages divided into 12 lessons. It contains instructions on diet, deep breathing, stretching, isometrics, weight training, calisthenics, self-defense, as well as a killer arsenal of wrestling holds (including submissions such as the dreaded toe hold and head chancery). Well illustrated, easy to follow... and now with a glossy cover to help you preserve. And it's only \$50 right now, while supplies last.

Special Bonus: If you are one of the first 10 people to call and place your order, I'll send you a special copy of Farmer Burns 32-page book entitled *Physical Culture Wrestling* absolutely FREE. This book was so hard to find that it took me nearly ten years to track it down. Again, yours absolutely FREE if you're one of the first 10 people to order.

Pick up the phone right now and call **813 994 8267** to place your order for the legendary Farmer Burns course. Only \$50 plus \$6 S&H U.S. (\$10 foreign).

And remember, the first 10 to order get a copy of *Physical Culture Wrestling* absolutely FREE. Visa, MC, Amex accepted. Or, go get a pen and fill in the coupon below and send it with your check or money order to Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, Florida, 33647.

We will ship the Farmer Burns course to you within 24 hours of receiving your order.

Important: For more information on Farmer Burns super killer video training course, be sure to visit www.farmerburns.com.

☐ **Yes, Please Rush Me** the Farmer Burns course for only \$50 plus \$6 S&H (\$10 foreign S&H). I understand my order will be mailed out within 24 hours after it is received and that if I am one of the first 10 I will receive a free copy of *Physical Culture Wrestling*, Farmer Burns' 32 page book.

Name: _____ ☐ Check /Money Order
Address: _____ ☐ Visa ☐ MasterCard ☐ Amex
City: _____ Card No: _____
State _____ Zip _____ Exp: _____ Signature: _____
Country: _____ Email: _____
Phone: (_____) _____

Make Check/Money Order Payable to:

Matt Furey Enterprises, Inc. 10339 Birdwatch Dr., Tampa, Florida 33647
www.farmerburns.com



**WORLD
MARTIAL
ARTS
PRESENTS**

BRAZILIAN

VALE JIU-JITSU STREET

The video series you've been waiting for! Mario Sperry, considered to be the most technical fighter to have ever stepped into a ring, smashes all barriers of secrecy and knowledge of what it takes to win in the street or Octagon. VALE-TUDO is not just another Jiu-Jitsu video series showing moves without a uniform. Instead, it's a complete fighting system, drastically different and 100% more effective in a real fight than anything you have ever seen before! VALE-TUDO will teach you every aspect of no-holds fighting from standing techniques to brutal ground finishing strikes & submissions.



**MARIO
SPERRY**

**VALE TUDO
SERIES 1**
INSTRUCTIONAL VIDEO SERIES

TAPE 1 Vale Tudo Takedowns

This first video will change your understanding of how Brazilian Jiu-Jitsu should be used in a real fight. Here the Zen Machine will show you how to take control of the strongest street fighters and use the principals of ground fighting, standing up! This fighting style is so effective that any opponent, regardless of style, even students of conventional Brazilian Jiu-Jitsu will be unable to defend themselves. This video shows how to quickly immobilize strikers, wrestlers and grapplers and use punishing striking techniques of Jiu-Jitsu that are devastatingly effective! You will then learn how to take anyone down with techniques that work with even the biggest opponent. VALE-TUDO is the only video series to reveal these highly guarded techniques and is a must for anyone looking to enter the Octagon or win a street fight.

TAPE 2 Defeating the Guard

Once on the ground, most people will not know how to defend themselves and will be easily defeated by a Jiu-Jitsu fighter. However, a grappler or wise street fighter will attempt to fight with his legs to defend himself. Mario Sperry will teach you how to defeat even the best fighters legs (guard) using techniques that are unstoppable and unknown. You will see why 99% of the guard techniques learned today are not the most effective you can use in a street fight. You will learn how to quickly open the closed guard of any fighter, and pass his legs with never before seen techniques! Learn to defeat the half guard and much more! Also includes, Mario Sperry in Action!

TAPE 3 The Crossbody & Knee-On-Stomach

Prepare to learn a whole new method of Jiu-Jitsu that you never thought existed! We guarantee that the techniques taught in VALE-TUDO are far more powerful than anything you have ever witnessed. The Zen machine will show you how the Crossbody should be used for the street and why sport style crossbody techniques are dangerous. You will learn to easily finish the fight from this position with devastating strikes and submissions that will amaze you! You will also learn how to properly use the most powerful and highly misunderstood position in Jiu-Jitsu, the knee on stomach! Here Mario will teach you a whole new style of Jiu-Jitsu that will give you a new arsenal of weapons never thought possible! Don't confused VALE-TUDO with other tapes showing sport style moves without the uniform. This tape contains a fighting style never seen before that will enable you to easily defeat all other styles of grappling and handle any opponent in a real fight!

"THE ZEN MACHINE"

The First Fighter In History To Submit A GRACIE!!!
(Sperry Vs. Gracie, November 1998, Brazil)

- Third Degree Black Belt
- Carlson Gracie Team Captain, Brazil
- Over 300 Career Wins
- 1994 & 1995 Undefeated Brazilian Heavy Weight Champion
- 1996, 1997 & 1998 Undefeated World Heavyweight Champion
- 1995 Titanic Dual Vale Tudo Show, Overall Champion, Brazil
- 1996 Reality Super Fight Champion, USA
- 1997 Ultimate Caged Combat, Overall Champion, Australia
- 1998 Abu Dhabi World Submission Fighting Champion
- 1999 Abu Dhabi World Submission Fighting Champion
- 2000 Abu Dhabi World Submission Fighting Champion

TAPE 4 The VALE-TUDO Mount

Forget everything you know about the mounted position! The Zen Machine will teach you a whole new incredible method as you learn why the mount position taught in sport style Jiu-Jitsu schools will not work as planned in the street! Are you having trouble staying mounted on big opponents? You won't any longer as Mario shows how to put a quick stop to all escape attempts that will render your opponent frustrated and desperate. You will learn how the mounted position was really intended to be used as Mario teaches you special techniques to wear your opponent down making submission holds easy to apply. Mario Sperry's striking techniques from the mount are so incredible that it is worth the price of the entire set of videos alone! Also included, Mario Sperry in action!

TAPE 5 Fighting From The Back

In this ground breaking video, the Zen machine will teach you everything you need to know about getting an opponents back and quickly finishing the fight! You will learn how to get the back from numerous positions and use devastating strikes to set your opponent up for chokes, armbars and leg locks. All back positions are covered including north & south and the turtle position. Also included, Mario Sperry in action!

TAPE 6 The VALE-TUDO Guard

Think you know how to fight from the guard? Think again! This tape will totally change your understanding of the guard and how it should be used in a street fight! The Zen machine will show you how most guard techniques learned in sport Jiu-Jitsu will not work in a street fight and are extremely dangerous. Then Mario will teach you the proper way to control, strike and defend with your legs in a real fight. This video is a real eye opener and will surely shock many sport practitioners as Mario teaches how to demolish those attempting to use conventional methods of opening your guard and passing your legs! You will also learn when and how submissions from the guard should be used. This tape is definitely the most important work on

**COMPLETE
SIX VOLUME SET**
ONLY **\$250⁰⁰**
Plus Shipping & Handling



**ORDER TOLL FREE
800-682-9842**

www.Groundfighter.com



VALE TUDO

100% NO HOLDS BARRED!

FIGHTING INSTRUCTIONAL VIDEOS

VALE TUDO SERIES 2 INSTRUCTIONAL VIDEO SERIES

Mario "Zen Machine" Sperry needs no introduction. His first Vale Tudo series have become mandatory tapes for anyone looking to win a street fight or conquer the Octagon. In order to deliver even a higher level of Vale-Tudo techniques, Mario brings in legendary teammate Murilo Bustamante to make Vale-Tudo 2! Together, they break new ground with more incredible techniques and strategies! This new series is 100% no holds barred and contains no overlap with his first six tape set. A must have video series...order today!

TAPE 7 Advanced Takedowns

Here, Mario and Murilo break the standing fight game down even further. Special punching techniques developed by these two masters allow them to enter into a takedown without getting hit. Mario breaks these techniques down showing what and what not to do if you face a strong striker. Next, you will learn special techniques for taking down strong wrestlers or experienced fighters that refuse to hit the ground. Mario also covers more ways to smash opponents that want to hang onto a octagon type fence. Great material! Next, Mario teaches how to get your opponent's back while standing and teaches multiple advanced methods of punishing and bringing them down!

TAPE 8 Attacks From The Closed Guard

This super hot tape brings fighting from the guard to a whole new level. Learn to attack safely, and apply advanced armbars and chokes without getting hit, that will catch your opponents off guard. Learn special turnovers that work against striking opponents that lead to devastating spine and neck submissions. This tape is loaded with new material! If you liked his first guard tape,

TAPE 9 Attacks From The Open & Half Guard

This tapes is serious Vale-tudo. Mario starts with some brand new Vale-Tudo sweeps and then starts to really bang away with really slick new submissions. As Mario teaches in his first series, submissions against striking opponents are difficult unless you know the proper timing. Here, Mario and Murilo teach the skills to catch arm bars and chokes against those really tough opponents that are trying to smash you! Mario then takes you to the half guard and teaches some really hot turnovers and submissions not covered in his first set of tapes. Mario also covers more techniques for opponents that sit in the turtle position like wrestlers, and teaches new ways to turn them over and get back into the game! Finally, learn how to defend and reverse a bad situation like someone getting your back. All new hot material here!

Mario Sperry & Murilo Bustamante



COMPLETE
SIX VOLUME SET
ONLY \$250.00
Plus Shipping & Handling

SAVE \$100.00
Buy Both Sets
(That's 12 Volumes)
For \$400.00
Only
Order The Complete Vale Tudo Library Today!



★★★★★
HIGHEST FIVE STAR RATING!

Bill Lewis Video Review Website
<http://members.aol.com/bjj33/billmain.htm>

TAPE 10 Attacks From The Top

Retiring from the fight game in 1999, Mario reveals one of his fighting trade secrets, his four positions of control theory! This method he personally refined and uses in all his no-holds barred fights, allows him to totally control any opponent and move from position to position based on what escape his opponent attempts. These techniques, will allow you to bring your Jiu-Jitsu game to a whole new level that you never thought possible and can be used with or without the kimono! Mario then shows some hot new ways to mount your opponent during a no-holds barred fight. You will then learn new devastating neck cranks, chokes and some really hot new escapes from the knee on stomach!

TAPES 11 & 12 Vale Tudo Leglocks!



This two tape set is the definitive word on leg locks! Here Mario and Murilo break down the attack on the legs into never before seen details and variations. These two videos contain only no-holds barred and street fighting leglocks! No fluff stuff here! Leglocks are detailed from every possible position you can think of, top, bottom, standing and every position in between! Learn new leglocks just developed in Brazil like sweeps into leglocks and more! Mario will show you how to break and twist the legs with every possible combination from the foot, ankle, calf, knee and hip! Mario also teaches why some leg attacks may not work on certain opponents and how to tailor each attack based on your opponents weaknesses. Definitely the greatest work on Vale Tudo leglocks ever on video. You wont want to miss these two tapes!



Name _____ Phone _____

Address _____

State _____ Zip _____

____ Vale-Tudo Series 1 complete set @ \$250.00

Mario Sperry Vale Tudo Series 1 Videos \$59.99 Each

☐ Vol 1 ☐ Vol 2 ☐ Vol 3 ☐ Vol 4 ☐ Vol 5 ☐ Vol 6

____ Vale-Tudo Series 2 complete set @ \$250.00

Mario Sperry Vale Tudo Series 2 Videos \$59.99 Each

☐ Vol 7 ☐ Vol 8 ☐ Vol 9 ☐ Vol 10 ☐ Vol 11 ☐ Vol 12

____ Vale-Tudo Series 1 and 2 (All 12 Videos!) @ \$400.00

Shipping & handling: Under \$100.00 - \$8.00; Over \$100.00, \$15.00;
NY State Residents Add 8% Sales Tax. Call for shipping outside of U.S.

ORDER TOLL FREE 800-682-9842

Send checks or money orders to:
WORLD MARTIAL ARTS

P.O. Box 69
Victor, NY 14564

Overseas Orders Please Call: 716-742-8095
FAX YOUR ORDER! 716-742-8097

**PAL FORMAT
AVAILABLE**



Jackie Kallen at a Pride FC show in the Tokyo Dome.



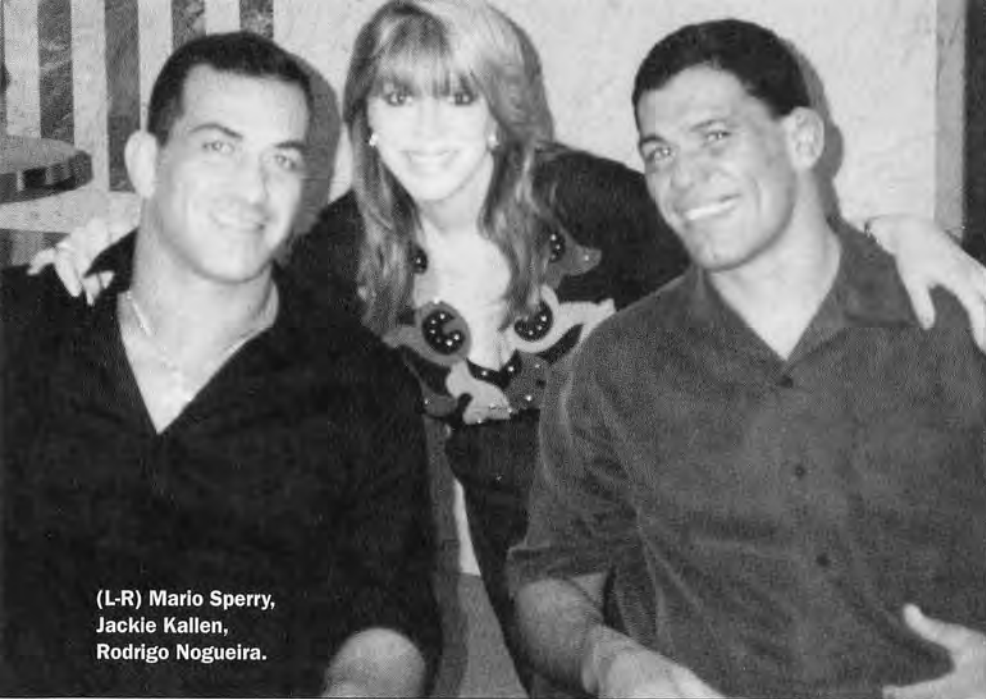
Jackie Kallen

Pride FC's New Heavyweight

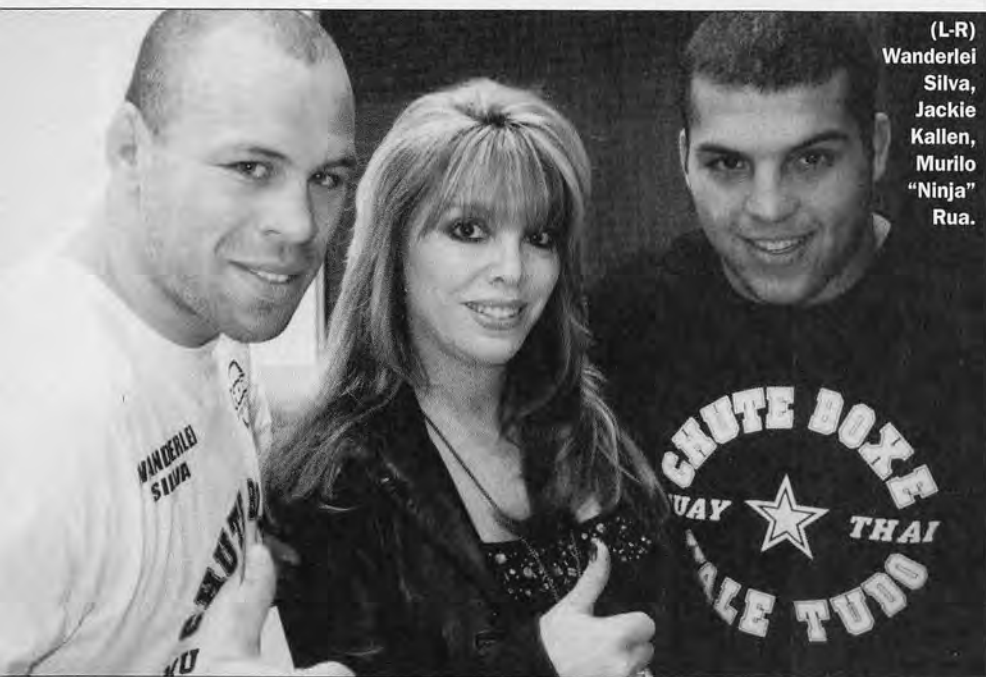
By Todd Hester

A boxing manager and promoter who has worked with the world's best, Jackie Kallen is now turning her public relation talents to the Pride Fighting Championships, where she seems likely to score another knockout.

Now one would ever accuse petite and pretty Jackie Kallen (pronounced "allen" with a "k" in front) of being a heavyweight in actual size; yet when it comes to her accomplishments against the most daunting odds, this ageless dynamo dubbed "The First Lady of Boxing," has taken life's lumps on the chin and dished out more in return than Ali, Frazier, and Foreman combined. Now working for Pride FC, Jackie is the focus of a current Meg Ryan movie, *Against The Ropes*, which chronicles her life and discovery of James Toney, who went on the win three world titles under Kallen's guidance. Along the way, Kallen managed three other world champions, ran and operated her own boxing gym in Detroit, promoted several fight cards, and was twice nominated Manager of the



(L-R) Mario Sperry,
Jackie Kallen,
Rodrigo Nogueira.



(L-R)
Wanderlei
Silva,
Jackie
Kallen,
Murilo
"Ninja"
Rua.

Year - and feat achieved by no other woman.

"I love Meg Ryan and I think she'll do a terrific job. She's a wonderful actress and a really down-to-earth person. This role is a real departure for her and I have a hunch she'll get nominated for an Oscar for it. Hopefully, this will do for her what *Erin Brockovich* did for Julia Roberts," says Jackie. "We have become great buddies. Meg is studying me right now and trying to learn about the boxing world. She comes to fights with me and watches the guy getting ready in the back. She's also recording my voice to try to get the correct inflections."

In a humorous twist, Jackie will also get a part in the film as a journalist, which she really was before immersing herself in the boxing world. "I started out as an entertainment journalist while still in school," says Jackie. "And to show how lucky I've been in whatever I do, my first interview was with the Rolling Stones."

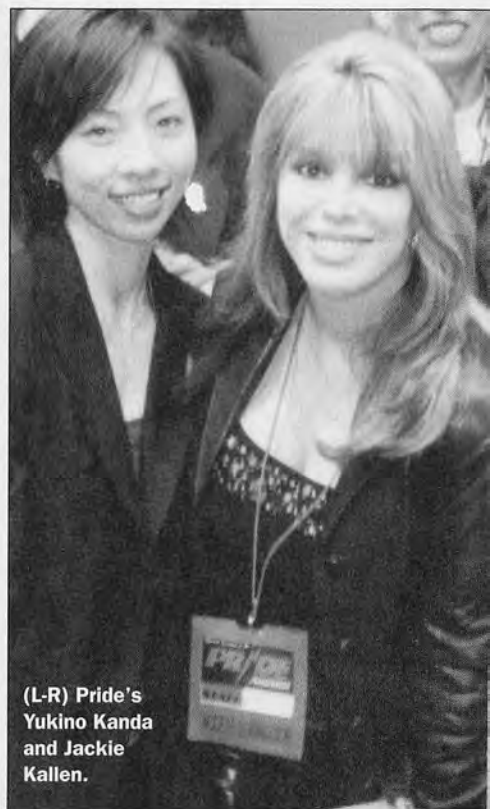
From the local paper, Jackie progressed to radio and TV, married Michael Kallen from whom she's been divorced five years, had her children, Bryan, 32, and Brad, 31, and took them around the world as she continued interviewing the rich and famous - Elvis, Frank Sinatra, Tome Jones, Karen Carpenter, Andy Gibb and

the Beach Boys to name but a few.

"I slowly became bored interviewing the same people over and over. It got so I could practically write the quotes without having to do the interview," Jackie laughs. "So I slowly made the transition to the unpredictability of sports reporting."

Jackie immediately found out that boxing was her calling. She interviewed Tommy Hearns and became totally fascinated by the sweet science. "Boxing has been around forever," observes Jackie. "picture cavemen fighting and imagine the Roman gladiators marching into the arena. Years later, the only real difference is that now they wear gloves. But it is still pretty basic, one-on-one, man against man, and now, of course, woman against woman. To me it is like a ballet, the way the movements coordinate, go forward, and retreat - there's a fascinating rhythm to it. It is survival of the fittest and I'm very competitive. In boxing, if you miss a punch or a block you know you're going to pay for it."

Although it was the sport itself that initially attracted Jackie, she soon became drawn to the tough-talking, cigar-smoking promoters and managers and their love-hate relationship with the fighters.



(L-R) Pride's
Yukino Kanda
and Jackie
Kallen.



Jackie Kallen looking up to Semy Schilt.

"The fighters seemed like sacrificial lambs," explains Jackie, "with everyone getting rich off them by taking their 30 percent. But then I realized the managers and promoters really *are* the whole sport because without them there's nothing. With a good manager and a good contract a fighter does really well; but with the wrong people they really get hurt."

But Jackie knew she couldn't just set herself up as a manager immediately - so she opened her own PR firm and started representing Tommy Hearn. She learned boxing from the inside out and learned how a trainer works with different fighters, how a fighter gets ready for a big match, when a fighter is ready to move to the next level, and how to pick suitable opponents for them.

"It took me ten years before I felt confident enough to go out on my own," Jackie admits. "I wanted to know I could go from A to Z, recognize a style, find the right fighters, trainers, and sparring partners, and negotiate contracts. It took a while for the fighters to trust me. I was the only female manager. I didn't have a mentor or role model - there really was nobody. Those were tough times because I wouldn't be allowed in places. They'd insist I was a wife or girlfriend and wouldn't take me seriously - they just

couldn't believe I was a manager. I think they were trying to drive me out of the sport initially. I guess they resented me because I started in 1988 and had a champ, James Toney, by 1991. But I never let them get to me. My fighters would get dropped from fight cards after I would set everything up - just because I was a woman - then things turned around for me after James won the state title in 1990. People had to start paying attention to this woman and her champion fighter."

But despite the hardships, Jackie never once thought of throwing in the towel. "I can be very resilient. If someone hurts me or I'm bothered by something, I'm not too open about that stuff, I'm not a whiner. I've learned over the years not to show my feelings, to adopt that poker attitude and not show anyone the cards I'm holding. When things aren't going well, I tell people they are because I've found that becomes a self-fulfilling prophecy. I'm going to make it - it will be," Jackie says firmly. "It is such a waste of time to mope about stuff and to feel sorry for yourself."

It is Jackie's never-quit attitude and gritty determination that has really opened up the sport of boxing to women

in recent years. And despite her own celebrated success, the achievement Jackie is most proud of is proving that women can make it in whatever field they choose. "It's great these days," she says. "There are women managers, women referees, and women judges. Women are getting more involved and I'd love to think I had something to do with that, although I'd never have the arrogance to think that I was the only person responsible for that break-

"I think that the fighters have to be known to the public. I think the public needs superstars that they can identify with. Boxing has names like Mike Tyson and Oscar de la Hoya and Sugar Ray Leonard - mixed martial arts has only had names that the hardcore fans recognize."

through. But maybe some of the women saw it could be done based on what I did and decided to give it a try. If so, that's recognition enough for me."

Jackie is a big supporter of female boxing and from 1997 to 1998 served as Commissioner of the International Female Boxers Association and instituted some major changes including pregnancy



Jackie Kallen with Japanese pro-wrestling legend Antonio Inoki.



testing for fighters. "Women's boxing matches have been around for years in the underground," she says. "But it was Don King who had the smarts to put women on the fight card for Mike Tyson fights. People's reaction to female fighters is great - they love it. They women go all out. They come out looking like girls with their pigtails and finish up all over the place. For example, Christy Martin is a tremendous fighter. She comes out of the ring as banged-up as a guy who's done 15 rounds. She's a good role model for the sport because she gives it her all when she's in the ring."

Not content with her groundbreaking accomplishments to date, Jackie has set herself a new challenge - to bring the excitement of the Pride Fighting Championships to the mainstream American public. Well-known within the mixed martial arts community as the world's most exciting show, Pride FC has yet to realize its untapped potential within the

U.S. market. With Jackie on the job, though, you can rest assured that will soon change. "To me," says Kallen, "life and boxing are the same - survival of the fittest. You can get knocked down, get back up, and go on to win the fight."

Spoken like a true no-holds-barred heavyweight.

Q: How did you get involved in mixed martial arts?

A: I've been a fan for years. I had been familiar with the Pride Fighting Championships and always felt that it was the premier mixed martial arts show in the world. I had heard that Pride FC was looking for someone to help increase their visibility factor in the United States and so a mutual associate arranged a meeting between myself and the Pride FC people - including Hideki Yamamoto and Yukino Kanda. The meeting went really well and we realized that we were all on the same page as far as our vision for Pride FC in the U.S.

Q: What was the first mixed martial arts event you ever saw?

A: I remember seeing one of the early UFC shows. I immediately respected the athleticism of the fighters - but I felt some of it was overly brutal and some of it was overly boring. Watching two guys laying on the floor for seven minutes interest just didn't hold my interest initially. Then I saw an underground cage show in Michigan when I was living there, and I got more enthused about the sport.

Q: At the time, did you think MMA had potential compared to a mainstream sport such as boxing?

A: I felt that it needed more regulation, exposure, and name personalities to bring it to the mainstream. I think that the fighters have to be known to the public. I think the public needs superstars that they can identify with. Boxing has names like Mike Tyson and Oscar de la Hoya and Sugar Ray Leonard - mixed martial arts has only had names that the hardcore fans recognize. It's going to take fighters who become household names to the mainstream sports fan to make it a major attraction.

Q: How do you think this can be accomplished?

A: That is my goal and my challenge. I hope to create some superstars within the Pride FC family of fighters and take the sport to the masses. I think there has to be more advertising and publicity in general interest publications and the fighters need to be interviewed on national radio and television shows to get their names and faces out there.

Q: You recently went to your first live Pride FC show, right?

A: Yes. I attended *Championship Chaos* in Tokyo. Needless to say, I was tremendously impressed. Not only were the fans enthusiastic and knowledgeable, I was awed by the sheer size of the crowd - over 50,000 filled the Tokyo Dome! The production itself was first class, even by boxing standards, and the matches were competitive and fun to watch. I loved it!

Q: Which fighters do you think are the most marketable in the sport?

A: Speaking strictly of Pride FC fighters, I see quite a few potential stars. It's a given that a Gracie or a Shamrock

will always get the fans attention. There's also the up-and-coming fighters such as Heath Herring, Quintin Jackson, Gilbert Yvel, Dan Henderson and many more. I also feel that the mainstream American fans need to get a better look at some of the international names like Sakuraba, Silva, Nogueira, Ninja, and Semy Schilt. That way when they fight, the fans will know who they are and follow them.

Q: What are the differences between the Japanese fans and the American fans?

A: Obviously, the Japanese have a head start in this sport. They learn martial arts in school like we learn baseball and basketball. They are much more familiar with not only the individual fighters, but the sport itself and all the different styles. They know the difference between shoot-fighting, grappling, jiu-jitsu, kickboxing, et cetera. They know what they are watching more than the Americans do right now. So part of the challenge will be to educate the American public to that same level of understanding.

Q: How do you like working with Japanese promoters compared to working with American promoters?

A: The people at Pride FC are top-of-the-line and could hold their own against any promoters, anywhere. It's especially gratifying for me to be working with another woman - especially one as knowledgeable and intelligent as Yukino Kanda. It was also a real honor for me to meet Antonio Inoki, whom I have long admired. He is a class act and a real hero to the Japanese people.

Q: Do you think the Pride FC PPV audience in the U.S. has been hurt by having only tape-delayed broadcasts?

A: Of course. That has certainly been a major limiting factor. It would not have been as big of an issue before the Internet days. But now the fans can get the results instantly and only the most hardcore fans will wait two to three weeks to see the event. Once all the Pride FC shows are seen on the same day in the U.S., the fan base will increase significantly. After seeing just one live Pride FC event, I believe the fans will want to see each and every show. That is why I am so excited that our February show, *Bad Blood*, will

be seen on the same day as it happens - February 24. There are going to be some incredible match-ups on this card - including some real potential surprises.

Q: You're still involved in boxing. Do you think mixed martial arts can coexist with boxing as far as adequate fan support?

A: I hope so. I would like to see a fight

against a guy like Mark Coleman for significantly less. It's an economic decision.

Q: Are the top boxers fans of mixed martial arts?

A: Oh, yes. All the boxers I've talked to are huge fans of the sport who respect the skills and conditioning of the MMA fighters. I think some of them would frankly think twice before getting into a

Jackie Kallen with Frank Sinatra.



card that includes both. I would like to see a mixed-martial-arts card that featured one of two pure boxing matches and visa versa. I feel that it is potentially the same audience and it would be an exciting event to see both sports on one show.

Q: The heavyweight boxing champion used to be considered the best fighter in the world. Do you think that is still true when factoring-in MMA fighters?

A: To the general public, the heavyweight champion of the world is still number one, because they are more familiar with the sport. What I would like to see is a Super Bowl of the fight world where the heavyweight boxing champion would fight the heavyweight MMA champion - then we'd know who really is the best fighter on the planet. Obviously, money talks, and the big problem is that a Lennox Lewis, for example, who can make tens of millions fighting Mike Tyson, will not go up

ring with a man who could take them down in three seconds, choke them out, or kick them in the head. They're just not trained for that - but they do enjoy watching it.

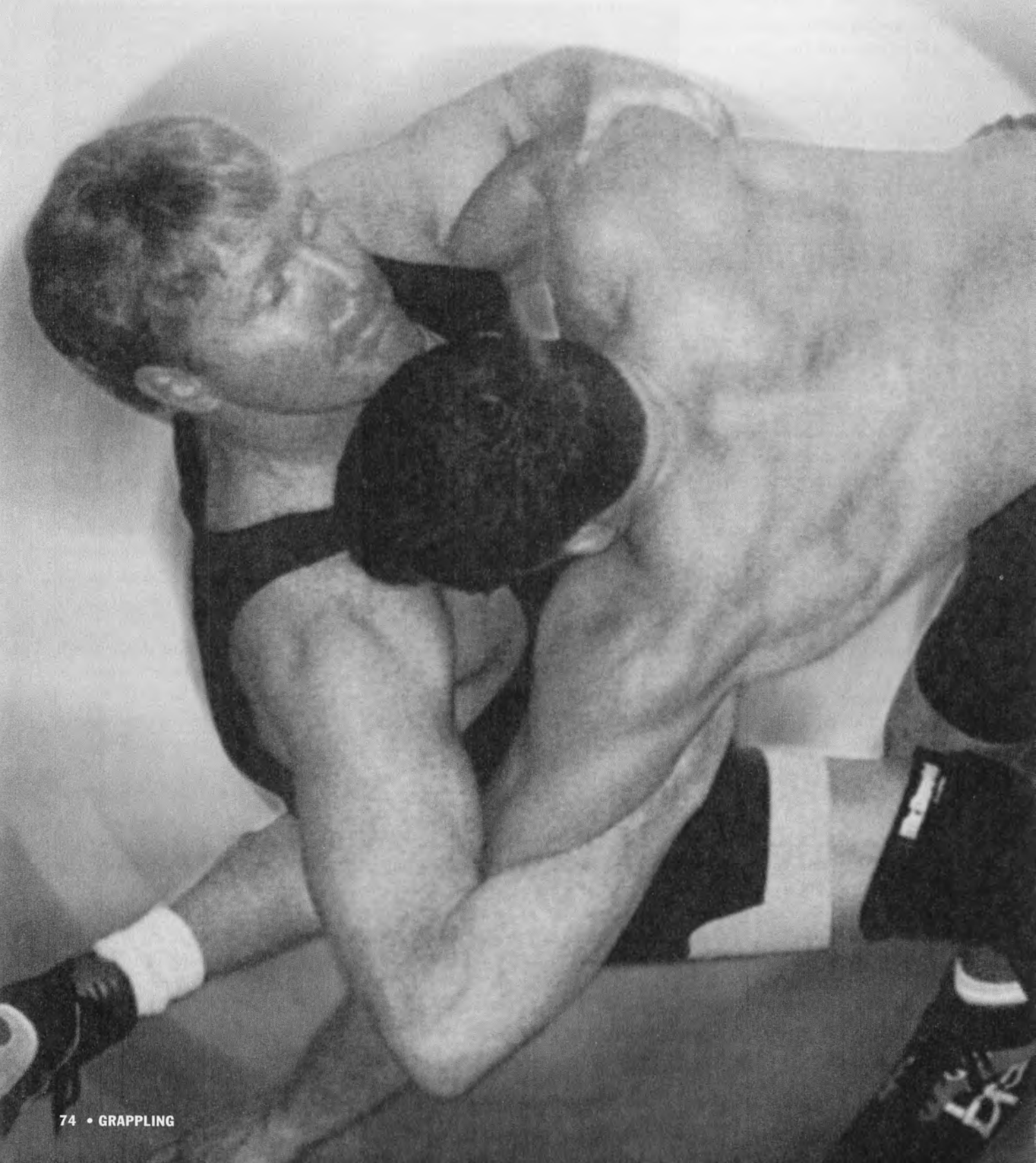
Q: How long do you think it will take before MMA reaches the same level as boxing in the U.S.?

A: It is going to be a gradual process. Now that MMA is back on cable television, that is a step in the right direction. But it is going to take more. It is going to take more exposure in the mass media and more events around the country that people can attend in person, for them to see what the sport is all about.

Q: Does Pride FC have any plans to bring a live show to the U.S.?

A: Absolutely. I think that American fans will see at least one and possibly two shows in the U.S. in 2002. Hopefully, down the line, there will be as many Pride FC shows in the U.S. every year as there are in Japan.

Takedown





Throws

That Really Work

By Sheldon Marr

The Whizzer

"Whizzer" is another term for the wrestling "overhook." It is a lock-up or tie-up position commonly used in Collegiate, Freestyle and Greco-Roman wrestling, where the gripping of a gi, kimono, or uniform is not an option. However, the whizzer also works just as well when your opponent is wearing a uniform such as in judo, sombo and Brazilian jiu-jitsu competitions, and it often catches your opponent by surprise as it is a somewhat unorthodox grip to these systems of grappling.

To apply the right-side whizzer grip when facing your opponent, simply reach over your opponent's left shoulder with your right arm, then back under their left upper-arm (or armpit) with your right forearm. Now you have a whizzer (or right overhook), and your opponent subsequently has a left underhook.

Another advantage to the whizzer grip (besides not needing a gi) is that when you throw with a whizzer, you land with a very tight grip. This places a tremendous amount of pressure on the shoulder joint, and the outer blade of your forearm presses directly on the sensitive rib, serratus and/or intercostal area of your opponent, which can be quite painful and perhaps lead to a quick submission.

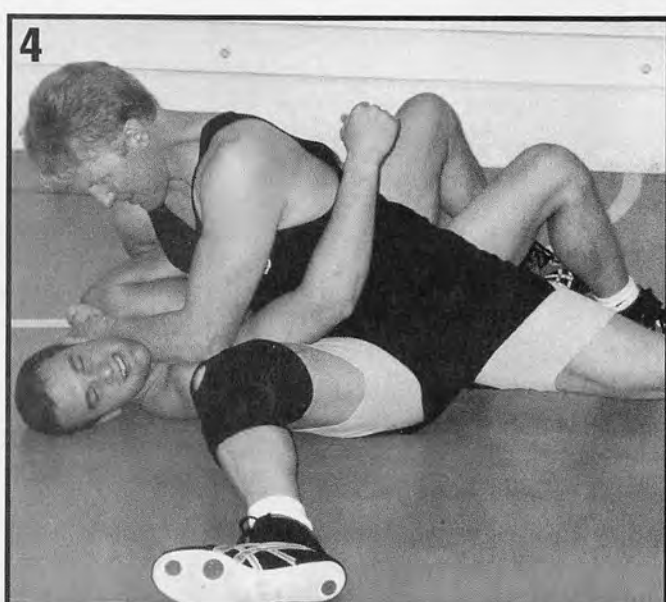
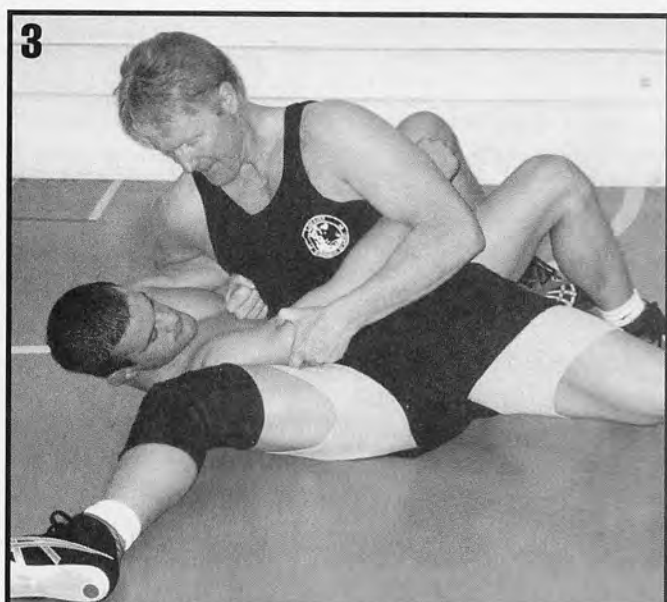
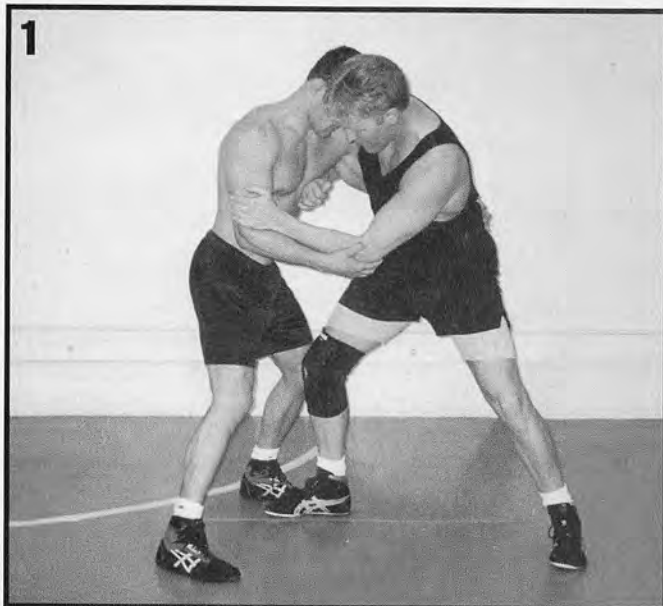
Sweeping Hip Throw

To execute a right-side *harai goshi* or sweeping hip throw with a whizzer, apply the whizzer with your right arm, and grasp the opponent's right triceps area with your left hand. Grasping above the elbow, as opposed to grabbing the wrist or forearm, is much more effective as it makes the throw much tighter and therefore more effective.

From here, backstop-in with your left foot then sweep with your right

U.S. Pankration Team Coach Sheldon Marr is an eight-time Martial Arts Hall of Fame Instructor of the Year inductee. His students have won national and international titles in jujitsu, judo, wrestling and pankration, as well as competed successfully in the no-holds-barred arena. His Grappler's Edge team has also won six U.S. national team titles in jujitsu and submission grappling to date. In this series, Marr introduces takedown techniques he and his students have used successfully in competition. While Marr does not claim to have invented any of the techniques he teaches, through decades of training and teaching, Marr feels he may have perfected a few.

— Editor



The Whizzer

Apply a whizzer with your right arm and grasp the triceps with your left hand (1). Back step with your left leg, and sweep with your right leg (2). Maintain control on the ground (3). Choke with the outer blade of your forearm (4).

leg. The sweeping action knocks both of your opponent's legs out from under them. Continue to pull with your left hand, and push with your right (whizzer). This action will rotate your opponent over onto their back, and send you crashing down onto their ribs.

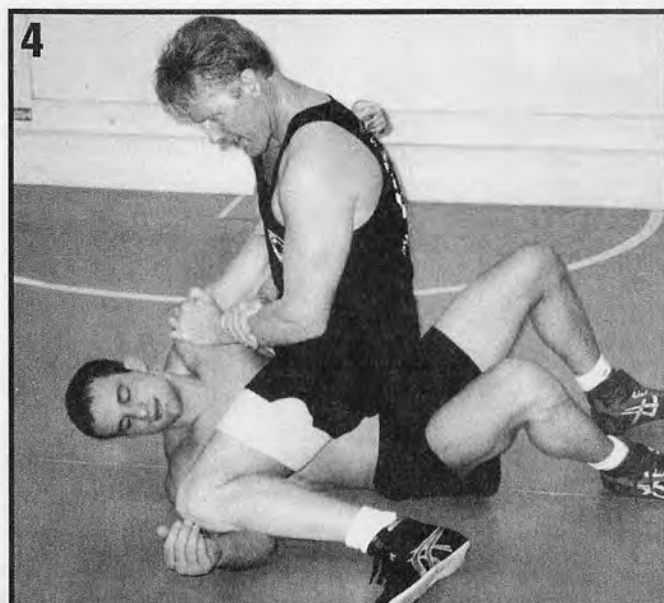
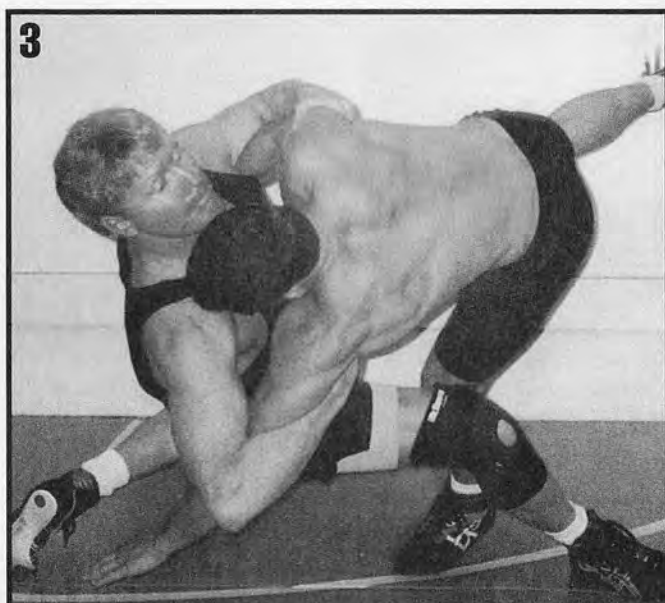
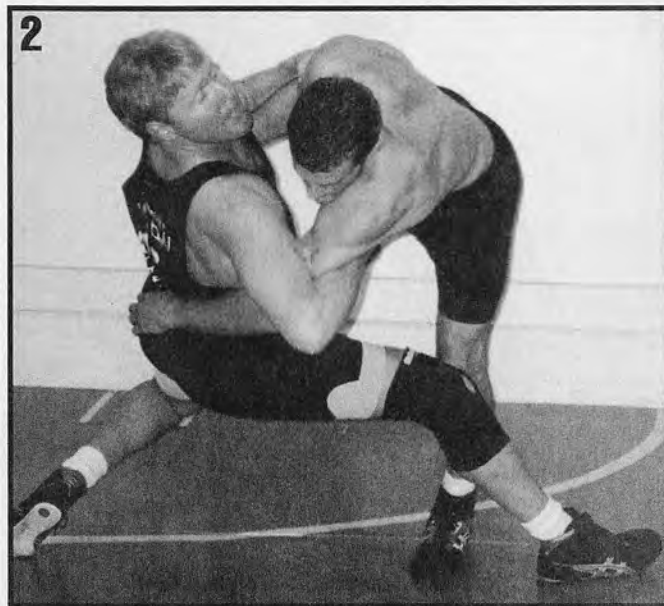
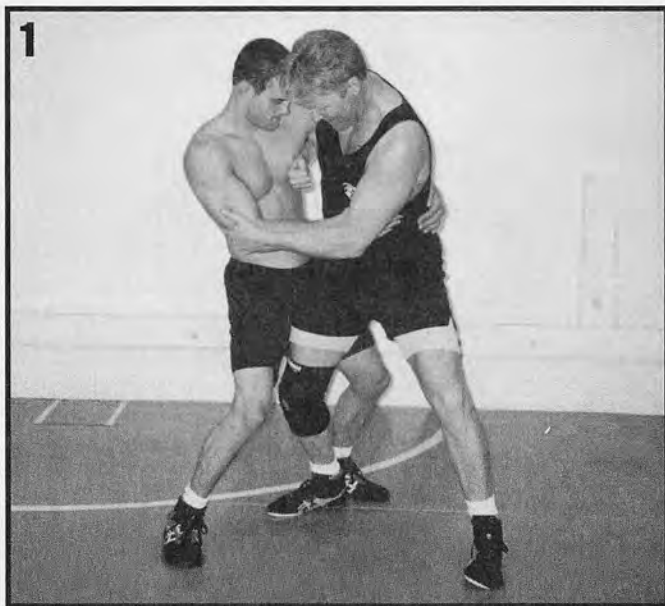
Lateral Drop

The lateral drop is another throw initiated with a whizzer grip (or the over/under grip), and can be used in combination with the sweeping hip throw. The over/under grip is when you have an overhook with one arm and an underhook with the other, and your opponent has the same thing on you. An example of this is when you have an overhook with your right

arm and an underhook with your left arm, and your opponent has an overhook with their right arm and an underhook with their left arm. This tie-up is commonly seen in Greco-Roman wrestling. To execute a right lateral drop, apply the whizzer with your right hand and fake the right sweeping hip entry.

In order to get the desired response from your opponent to set up the lateral drop, you're going to have to sell the fake. To get your opponent to bite on the fake, it's best to first hit your opponent with one or two actual hard sweeping hip-throw attacks. Now, when you're ready to fake the hip throw, you should be able to get away with merely twitching your hips to get the desired response.

With the threat of the right hip throw coming, your oppo-



The Lateral Drop

From the whizzer grip, fake a right hip throw entry. Your opponent will react by squaring into you (1). Keep your lock on the whizzer and hit the lateral drop (2). Maintain control to the ground (3). Mount and follow up with an arm bar (4).

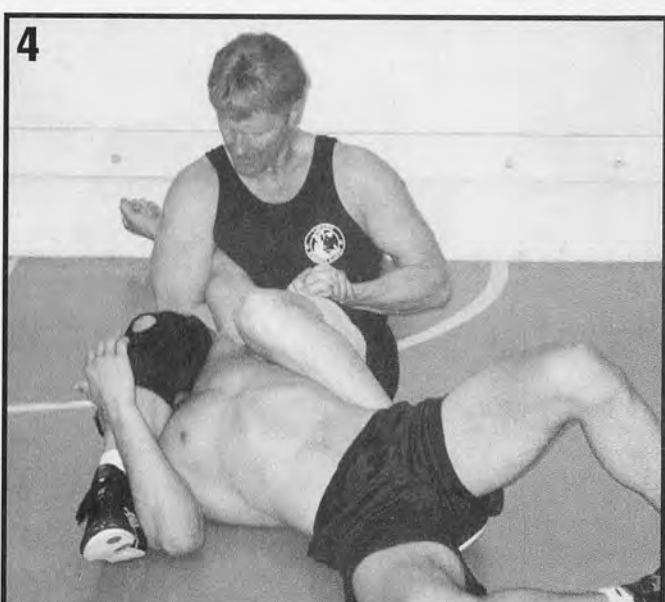
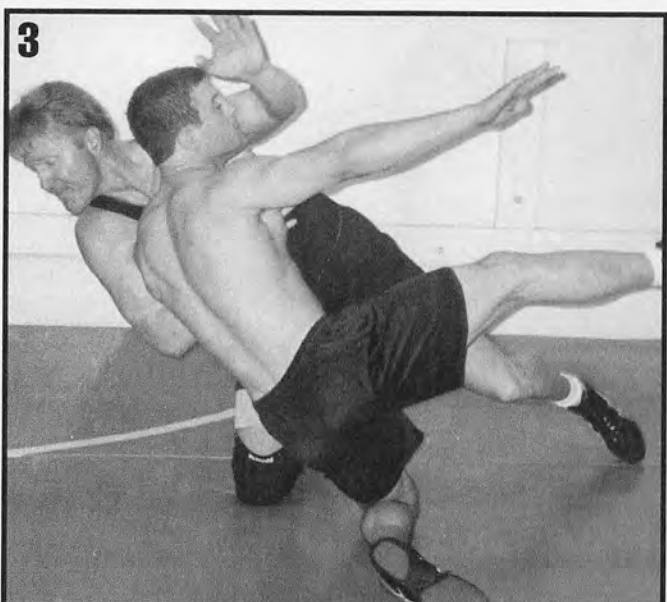
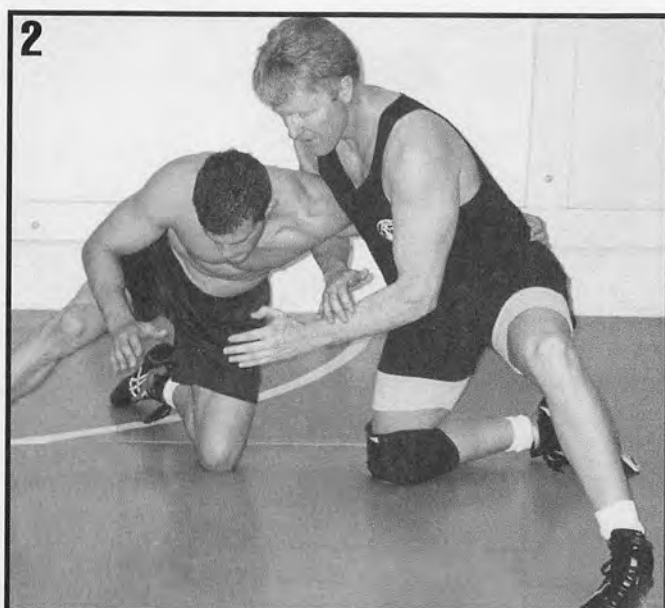
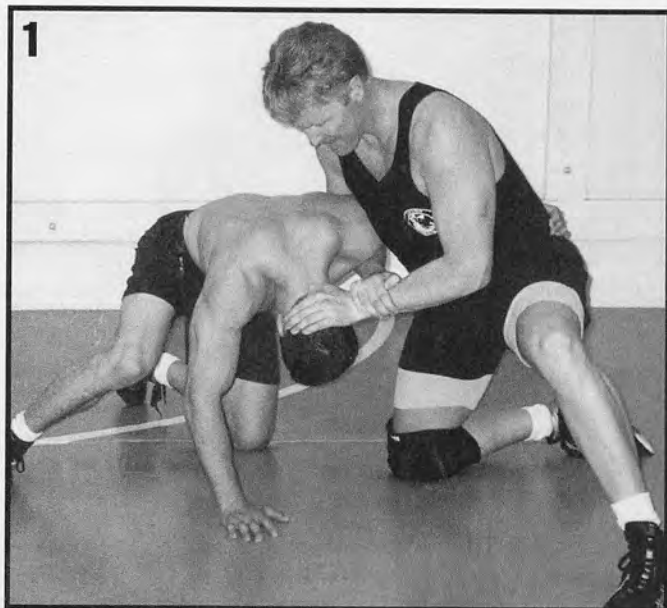
ment will give you the reaction or response you need to initiate the lateral drop. A judo player's reaction will be to block with and/or extend their left hip forward. A wrestler's reaction will be to square up with you and/or step forward with their right foot to face you.

From here (with the right-side whizzer), pop or punch your hips into your opponent, pull with the whizzer and push with your left arm (or underhook). Then twist and rotate to your right, and throw your opponent over your right shoulder with an arching (or suplay) type action.

The Pancake

The pancake is very similar to the lateral drop, but is usually

done from a kneeling position on the ground instead of from the standing position. To execute a right pancake from a kneeling position, apply the whizzer with your right hand and grasp the right triceps with your left hand. Fake a right throwing (or rolling) entry. This will give you the same desired response from your opponent that sets up the lateral drop. From here (with the right-side whizzer), pull with the whizzer. But instead of pushing with your left arm (or underhook) clothesline your opponent across the face with your left arm. Continue to twist and rotate to your right, and throw your opponent to the ground. Another effective way to execute the pancake is to apply a right-side whizzer from the kneeling position along with a quarter-nelson (push down on the head/neck with your left



The Pancake

From the quarter-nelson position, press the head downward (1). Allow your opponent to slip their head up (2). Clothesline the face or neck, and pancake your opponent to the ground (3). Follow-up with an arm bar (4).

hand, and grasp your own left wrist with your right hand). From here, allow your opponent to slip or pop their head up (to escape the quarter nelson), then clothesline with your left arm and pancake.

Practice Tips

Some of the throws described and demonstrated in this article are advanced-level throws and are not intended for beginners. These throws can be dangerous and could cause serious injury if not executed correctly, and if your training partner is not experienced in *ukemi waza* (falling techniques).

In practice and competition, the *uke* (or thrower) needs to remember to keep their chin tucked, their arms in, and just take

the fall. If the chin isn't tucked, head and/or spinal injuries may occur. If the arms aren't kept in, shoulder and/or elbow dislocations can be a common occurrence. Crash pad usage is also recommended when experimenting with all new takedowns and throws. In the included sequences I demonstrate the moves on student Eric Koble, the 2001 U.S. National Middleweight Grappling Champion. Good luck with these techniques. Train hard and win easy!

To contact Mr. Marr for seminars or to order Sheldon Marr's Grappling Seminar video series, call (303) 433-EDGE or visit www.grapplers-edge.com.

HooknShoot Does it Again Big Time!

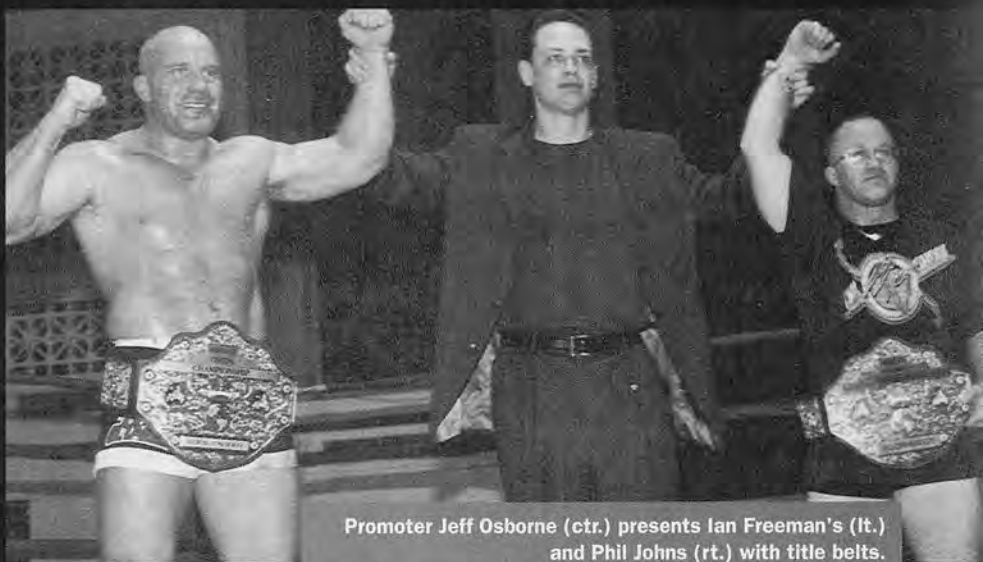
By Richard Santoro

"Kings" was a two-day Indiana combat extravaganza featuring fighters from Brazil, Japan, U.K., Chile, Costa Rica and all across the U.S., ranging from Massachusetts to Washington State.

The producers of HooknShoot have made it a habit of improving the quality of their show every time out. It seems that every press release they send out says, "This is our biggest show to date" and believe it or not, that is exactly what their most recent card entitled "Kings" was.

Headlining the first night of action was a blockbuster bout pairing IVC Heavyweight Champion Carlos Barreto (Brazil) and UFC Veteran Ian "The Machine" Freeman (U.K.). This was positioned on top of an amazing card overflowing with international talent. Eight of the match-ups were official Shooto bouts including the first ever women's Shooto match. There was also a pair of HooknShoot titles on the line. The newly formed super heavyweight title was to be contended for by Barreto and Freeman, while long-time HooknShoot champion Phil Johns was set to defend his lightweight title against Freeman's teammate Leigh Remedios. And this was just the first night of fights!

The second night featured six more fights - five of which were Shooto bouts and another a HooknShoot title match. While the show was a big success, it was not without its hang-ups. Top Shooto 154-pound fighter Takumi Nakayama was set to face Mecca Vale Tudo stand



Promoter Jeff Osborne (ctr.) presents Ian Freeman's (lt.) and Phil Johns (rt.) with title belts.

out Fabio Mello. Due to some complications with his passport, however, Mello was unable to make the trip. For a while it seemed as though it wouldn't matter as the plane tickets for the Japanese fighters, including Nakayama, were held up in the mail and it was uncertain whether they would even be coming to America. However, all's well that ends well, as the tickets arrived on time and a more than adequate replacement for Mello was located in Costa Rican native and Ironheart Crown champion Henry Matamoros.

Day One

Hermes Franca, Silveira Brothers, def.

Mike Brown, Amherst Submission Fighting Academy, Triangle, 2:21 R1: Brown came out looking very impressive with a totally ripped physique. He also showed good wrestling skills taking Franca to the ground. From there Franca looked very comfortable on his back and worked non-stop for a submission. After a bit of a scramble he locked in the triangle and forced the tap.

Wald Bloise, Silveira Brothers, def. Dave Phillips, Pedro Sauer Jiu-Jitsu, Unanimous Decision, R2: This match saw a lot of techniques both standing and on the ground. After a quick exchange, Phillips shot in but was turned over to his



Curtis Stout kicks Shiko Yamashita



Ready for action

his knees facing Bloise. Wald drove a knee to Dave's face and realized as he was throwing it that it was illegal. Phillips took a few minutes to shake off the strike but it didn't do him any good. He

tion for over a minute and Shiko stayed calm eventually managing to pull his head free. From there Stout worked his guard until the round ended. In round two, Shiko again looked for the double leg and again Curtis tried to wrap up the guillotine. Eventually the fight went to the mat. Curtis surprised everyone by reversing Yamashita. It didn't last long however as Shiko reversed back, coming up in the mount. He tried to lean back and punch but Curtis kept him in tight and the punches were ineffective. Then



Judy was impressive in victory

"Headlining the first night of action was a blockbuster bout pairing IVC Heavyweight Champion Carlos Barreto (Brazil) and UFC Veteran Ian "The Machine" Freeman (U.K.). This was positioned on top of an amazing card overflowing with international talent."

continued to try and get the takedown and eventually found himself underneath Bloise. Wald had to restrain himself from instinctively delivering other illegal knees as Phillip's shoots continued to fail. Bloise composed himself, however, and went on to control the round. Easy decision for the Floridian.

Curtis Stout, American Jiu-Jitsu, def. Shiko Yamashita, Paraestra Dojo, Unanimous Decision, R3: Here is the hitch. There was some confusion surrounding this bout that put a bit of a pall over the match. The Shooto representative on hand at the event had the match listed as a Class-A bout, which means it would consist of three rounds. However, a preliminary determination given to the event promoters by the Shooto commission in Japan was for Class-B. The fight was negotiated and signed as a Class-B match and the fighters went in thinking it was two rounds. As the fight wore on, the Shooto official, however, called for a third round. There was some debate and the fighters finally complied and fought on. The bout itself was very competitive. The powerfully built Yamashita closed the distance quickly and looked for a takedown. Stout got the guillotine and it looked like it was in tight. They stayed in that posi-

the confusion occurred pertaining to the rounds and Yamashita even gave his mouthpiece to his corner and looked like he was done for the evening. He was convinced to continue and the fight was on. Stout got some fire in him and opened up with some kicks. He tried high kicks but Shiko easily blocked them on the back of his glove. A few lower kicks did make some good contact on the legs and abdomen and Stout landed a few good knees before being taken down where the fight ended. Both fighters left the match a little unhappy, Shiko for the extra round and Curtis for the controversy in what was a big match for him. Shiko is Ranked 6 in Shooto's underdeveloped 183-pound division and this was a good opportunity for him. Likewise this is a snag in Yamashita's career - no doubt these two will have to get together and do it again.

Wilson Gouveia, Silveira Brothers, def. Ray Casius, Arm bar, 2:51 R1: Gouveia was the third fighter from the Silveira camp in a row and the third consecutive victory for the team. The Silveira team looked great and we can expect to see more of them. Casius is a veteran in HooknShoot and has looked good win or lose. He came out looking for a takedown

Continued on page 100

back. He spent a good portion of the round "butt-scooting" before he eventually got back to his feet. There were some leg kicks by Phillips that had some good impact. Phillips tried to shoot again but was caught in a guillotine. He got out of it but tried to shoot again and was caught again in a front face lock. The round ended with Bloise ahead. Round two had some feeling out with some mild leg kicks by both guys. Wald landed the better shots as Phillips looked to take the fight to the ground. Phillips shoot-in was foiled, however, and he found himself on

How To End A Street Fight Fast With Dirty Grappling Secrets

by Matt Furey



Sport fighting has its place and most of us love it. I sure do, and mostly because, in wrestling and Shuai-chiao kung fu, I've won five national titles, one world title and the credibility that goes with it. But the real reason why many of us got into grappling in the first place, is because we want to know we can "kick butt and take names" on the street.

And the truth is, we may think punches and kicks and throws and takedowns and submissions are cool, but what we really want is the feeling of **POWER** that martial arts are supposed to give us; the feeling that we can kick someone's ass if we need to; the feeling that we can provide a shelter for ourselves and our loved ones. And sometimes, this shelter must be erected on the street. That's why, regardless of what art you study, if you aren't learning how to use what you know on the street, then you're not getting what you originally wanted when you began training.

Well, all that has changed with my new **Street Grappling** videos. This two-volume set of videos will show you so many different ways to manhandle thugs on the street, that you'll fear for the life of anyone who even thinks about attacking you. These videos cover stand-up and ground grappling as well as how to integrate grappling with strikes. They cover brutal **European pre-World War II street fighting techniques** taught to me by the German Karl Gotch, "The God of Pro Wrestling in Japan," aka "King of the Waterfront." They also cover nasty material I've learned in my study of Chinese and Mongolian fighting systems. Talk about some brutal wars these countries have fought.

Let's take a look at what's on Tape One first:

- A lightning fast way to counter a forward push (the one thing most street punks like to do to intimidate those they want to fight). Once your attacker is on the ground - you'll quickly put his arm behind his back and wrap him in a turkey bar that doesn't need any dressing.
- How to knock a guy out from the classical arm bar position. So easy you'll wonder why you never thought of it yourself.
- How to spin an attacker around when he grabs, pushes or reaches - and put him in a rear choke - all from standing.
- Knowing when to simply restrain the attacker and key ways to do it.
- How to magnify the force of your rear naked choke. A little-known secret they don't teach anywhere.
- How bouncers and law enforcement can pull a guy to the ground with ease when he's jamming himself in a doorway or resisting arrest.
- How to stop a bite attack with proper ground position and strikes.
- How a 105 pound girl can snap a big guy's elbow when he reaches to grab or push.
- Key ways to drill all these holds and make them automatic reflexes.
- Devastating joint locks that begin on the feet and end with your attacker sailing to the concrete. Splat!!!
- How to dislocate the attacker's elbow on the feet.
- How and where to strike the attacker to avoid getting ambushed from his friends.
- Ending the fight without ever using the guard.
- Knockout strikes you can easily connect with from a clinch. Lights out Irene!!!!
- How to easily get the attacker handcuffed when he's on the ground.
- Knockout palm strikes combined with throws.
- How to make yourself as "slippery as an eel."
- How to beat the standing full nelson, rear choke and bear hug.
- The "pool stick" kick - when to use it and how it leads to ultra-painful joint manipulation.

And as if this isn't enough - let's look at what's on Tape Two:

- How to render any strong man helpless when he clinches with you in a front bear hug or body lock.
- Two simple ways to beat a side headlock.
- Why you should never trust someone who claims to have had 200 or more street fights.
- Why "Pure" Grappling is no good on the streets. You must have strikes and they must cut to the quick, hard-hitting and fast.
- How Grapplers using these techniques CAN beat multiple attackers.

- 5 Easy and Effective Ways to Counter a Double-leg tackle.
- How to quickly close the gap on a striker.
- How to set up your own leg tackle with a strike.
- How to beat the mount, even and especially when the attacker is trying to punch you.
- What to do if you end up in the guard on the street. Highly unlikely, but if it happens, what you should do.
- How to use your elbows on the ground.
- If you end up on your back, where to strike and how. These nerve attacks will help you reverse the attack within seconds.
- Rolls and reversals if you end up on your knees.
- Toe holds, wrist locks, face locks and other brutal holds that will make the attacker "Cry Uncle" - ending the fight almost as soon as it starts.
- Restraining holds that any law enforcement person can use. They're painful as hell and you'll get the suspect to believe in the word "compliance."

Now that you know what's on these tapes, take a look at what some of my thousands of world-wide customers have said:

"I've been involved in martial arts for more than 35 years and what Matt Furey has to teach will open your eyes and make you realize that there is a world of information inside of him that most people have no idea about. I recommend all of Matt's products because they've made a big difference in my training."

John Saylor - Shingitai JiuJitsu

3x National Judo Champion, 2x Pan Am Medalist

"Matt, I just tried out your Frank Gotch toe hold in my jiu-jitsu class. My 23-year old, 225 pound purple belt training partner, tapped six times in less than twenty minutes. I am 49 years old and weigh 165 pounds. We both were in AWE ... I've never done this well before."

Steve Maxwell - Black Belt in BJJ

2x Brazilian Jiu-Jitsu World Champion

"As a State Trooper, I find the techniques shown in all Matt's tapes, to be of immense value in my quest to stay one up on the bad guys."

James Truesdell

Alaska

"Matt, I own quite a few tapes from a lot of the 'big names' out there, and viewed them all with various wrestlers, judokas, and military elite. But when we watched your tapes, the comments were, 'Where did you get THIS set from?', 'This is awesome', 'That's what I want to learn!'"

Zack Ostiguy

U.S. Air Force

"Matt Furey is definitely the 'Surgeon of Submission.' What he teaches you won't find anywhere else. I weigh 340 pounds and squat 900. Matt is the only guy who ever took me down with a leg attack. What he did after that was brutal."

Bud Jeffries - www.strongerman.com

World's Strongest Man

"I've got black belts in jiu-jitsu, kenpo, and aikido, and a few of the moves were familiar, but the majority of them were not and ALL of them were truly useful. If I could only have 5 martial arts training tapes to my name this set would be among those 5."

Phil Buechner

Redding, CA

"I knew nothing about fighting when I got these tapes and didn't know if the techniques would work. A week after watching them I got attacked. When he grabbed my shirt I did what Matt said to do. I palm struck the guy and knocked him out. Now all I want to do is study more."

Charles Morris

Bronx, NY

Special Limited Offer With Three Free Gifts

Street Grappling is a two-volume set of videos. They are packed with so much valuable information that they should sell for at least \$500. Especially when you know you could pay 10 times that amount, searching the world for this knowledge - and still come up empty handed.

Now, for a limited time, you can get these Street Grappling videos for the low price of \$99 plus \$6 S&H. But there's more: **The first 10 people to order will receive THREE FREE GIFTS:**

Free Gift Number One - The Karl Gotch Issue of **G.A.I.N.** Gotch, the "God of Pro Wrestling" in Japan, and considered by many to be the toughest submission wrestler who ever lived, taught me much of what I know today. This magazine reprint captures the spirit of what it was like when we first met. Most people who have this issue read it regularly for motivation. This collector's item sold for \$12 when it was first published in 1999. You'll want to get your greedy little hands on this while you can. It's HOT.

Free Gift Number Two - A copy of my first book, *The Martial Art of Wrestling*. I'm almost completely sold out of this book. Right now customers are paying \$39.95 for it. But you can get it FREE if you act NOW.

Free Gift Number Three - A ground-breaking special report entitled, "Ten Keys to Grappling Success." Learn the true essence of what will make you a world-beater; Priceless Information.

Don't delay and miss out on these three FREE gifts. Take advantage of this special offer: Call 1 (813) 994-8267 and place your order right now. Or send by FAX to 1 (813) 994-4947. Visa, MC, Amex and Discover are gratefully accepted. We always ship the same day we get your order.

You can also send a money order for \$105 to:

Matt Furey Enterprises, Inc.

10339 Birdwatch Drive

Tampa, FL 33647

You can also order online at:
www.realcatchwrestling.com

Read Like A Man!

Subscribe to Grappling Magazine!

Has your local bookstore become more dangerous than a steel *vale tudo* cage? Are you getting tapped by your friends because you missed the latest triangle escape? Then have *Grappling* sent straight to your house and end the pain!

Save over 50% off the cover price!

A measly \$35 a year (cheap) gets you 128 pages of top fighting stars, champion grapplers, glossy color photos, and easy-to-pronounce words. Shred the mat with killer techniques, radical exercises, gnarly training tips, and the hottest NHB and submission shows – plus a new *Grappling* Ring Girl of the Month in every issue. What more could you ask for? (No, meathead, you can't have her phone number.)

Don't delay! Get *Grappling*!
It's the next best thing to getting kicked in the head!

Yeah! Send me 12 issues for only \$35.
(Canada and elsewhere add \$10 per subscription.)
Credit card orders call:

1-800-877-5528

Name		
Address		
City	State	Zip
☐ Payment enclosed ☐ Visa ☐ Mastercard		
Credit card Number		Exp.
Signature		

Grappling Magazine
P.O. Box 469062
Escondido, CA 92046-9062

Carlao "Cao" Valente

The Storyteller of Brazilian Jiu-Jitsu

By Kid Peligro

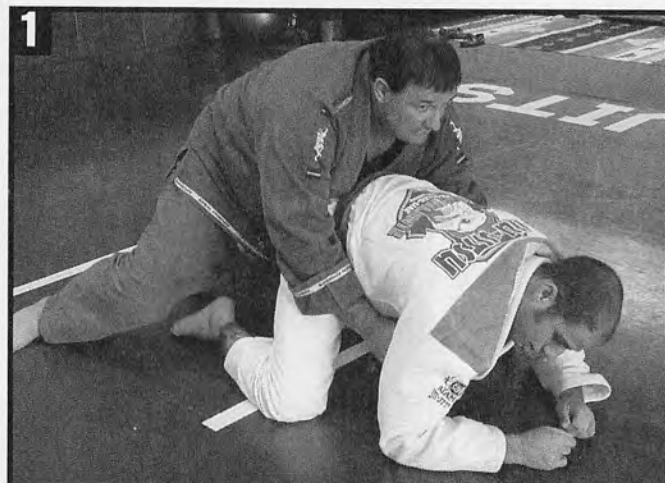
Brazilian jiu-jitsu (BJJ) is an art rich in folklore, legend, and tradition. With its history of challenge fights and other unconventional ways of disseminating the art, BJJ has attracted many colorful and free-thinking characters of the world. Carlao "Cao" Valente is one of these - a legendary Brazilian jiu-jitsu personality who is as well-known for his off-the-mat antics as he is for his on-the-mat accomplishments. Valente started his BJJ training with the legendary Rolls Gracie and obtained the rank of purple belt prior to Rolls' death in a hang gliding accident. After that tragic event, Carlao continued training with the Gracie family and became involved in a personal crusade to expand the art he loved beyond the confines of Rio de Janeiro. Shortly after receiving his black belt, Valente moved to the state of Bahia, Brazil and with Master Reyson Gracie, founded the Bahia Federation of Jiu-Jitsu. When the organization became established and self-sufficient, Valente then moved to Hawaii and was able to lure Relson Gracie to the Aloha State and thereby establish the first foothold of BJJ in the Pacific islands.

A few years later, Valente was approached by friend Rorion Gracie with the opportunity to become one of the original investors in a new fight show concept that would come to be known as the Ultimate Fighting Championship. After being involved in the first few UFC shows, the nomadic and restless Valente was ready to tackle another challenge and so moved to California and became an assistant instructor at the famed Rickson Gracie Academy in Santa Monica. It was there that Valente was convinced by friends to embark on yet another adventure - to teach Brazilian jitsu-jitsu to Sheik Diab (brother of famed ADCC patron Sheik Tahnoon), and a member of the United Arab Emirates royal family. Once again Carlao picked up his gi and off he went - this time to the Middle East - to continue his mission in life of spreading BJJ around the globe. After teaching in Abu Dhabi for a while, Valente was ready to move again. This time he chose San Diego, his current home base.

True to his passion, Valente immediately established "The Training Center" in Pacific Beach. The Training Center has one of the largest mats areas in San Diego and offers, in addition to Brazilian jiu-jitsu, classes in muay Thai kickboxing, traditional Japanese karate, and the athletic and beautiful Brazilian art of capoeira. The Training Center is a mandatory stop for traveling Brazilian jiu-jitsu masters in California and has received visits from Rickson Gracie, Royler Gracie, Renzo Gracie, Saulo Ribeiro,



Carlao "Cao" Valente is a legendary Brazilian jiu-jitsu personality who is as well-known for his off-the-mat antics as he is for his on-the-mat success.



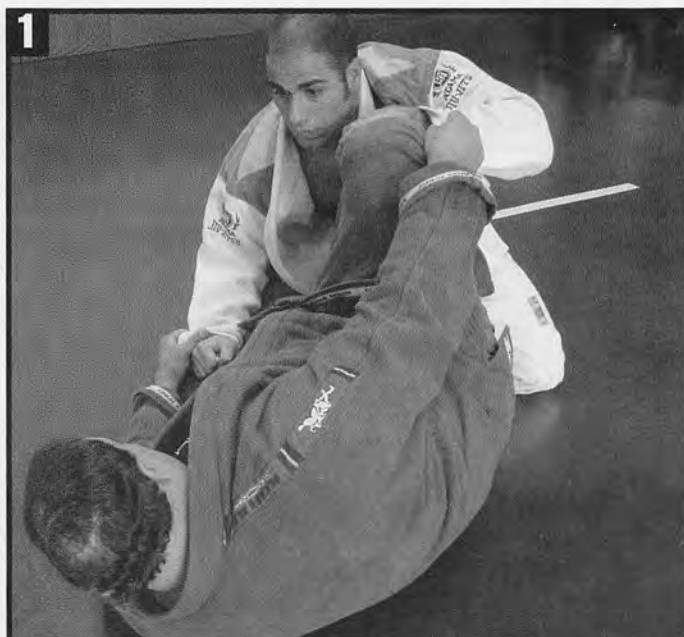
Calf-Cutter Leg Lock

Carlaio Valente controls his opponent (1). Slipping to the side he traps his opponent's calf (2), positions his rear leg under his opponent's ankle (3), then raises his rear leg up for the painful submission (4).



North-South Shoulder Lock

Carlaio Valente in the dominant north-south position (1). He spins to the side while keeping his weight on his opponent (2), underhooks the shoulder and traps the arm (3), the leverages upward for the shoulder-lock submission (4).



Roberto Traven, Romero “Jacare” Cavalcante, Rodrigo “Comprido” Medeiros, “Leozinho” Vieira and Fernando “Margarida” Pontes - a world champion who trained under Valente for several months.

Big Man Techniques

Although Valente knows grappling from the inside out and can teach jiu-jitsu to anyone of any size, he is a big man and likes to do personal techniques that are suitable for someone of large physical size and strength. He prefers attack series that set his opponents up to be submitted when they least expect it. “I try to demonstrate a variety of attacks that are effective when you have passed the guard and the person turns to all fours,” says Valente. “That is usually a position where not many attacks occur - one option that I really like is the clock choke, but most people are aware of that and protect it very well. Because of this, I prefer to hold the collar kind of loose, this way they don’t feel the danger. Then I will hold their sleeve which again presents a

Open-Guard Sweep to Elbow Lock

Operating on the bottom with the open guard (1), Carlaio Valente puts his foot on his opponent’s thigh (2), kicks out and sweeps him to the ground (3), then traps the wrist and pressures elbow with his foot for the submission (4).

feeling of no danger. Now the choke is set, I will move to the north-south position and apply the pressure to the neck and they tap. You can surprise many people with this one.”

Another movement that Valente favors for big men is the arm-bar attack from the back. “I like this submission because of the surprise factor. The opponent is expecting me to try to put the hooks in or to turn him over for side control, but I just sneak in and take the arm.” Another variation that is a big favorite of his is to start from the same position on the back and then attack the leg with a calf cutter. “In this variation,” Valente says, “I attack the

calf. It is a good option, especially when combined with the arm attack. It keeps the opponent off-balance and not knowing what is coming next.”

But in jiu-jitsu, Valente says, there are no certainties and you must expect the unexpected. “There are so many positions in jiu-jitsu because there are so many attacks and counters that you must be ready for. For example, when you’re attacking from the back, your opponent will sometimes turn and get your leg and you will end up facing them. This causes a stalemate and it



becomes a fight for the leg. In this case, they are worried about the collar and the clock choke and forget that their arm is vulnerable. I have developed this quick submission that takes advantage of that. The tighter the opponent holds the leg, the easier it is to apply.”

As Valente often points out, big guys sometimes aren’t used to being on the bottom, but will sometimes end up there. “My favorite big-guy sweep is from the spider guard,” says Valente. “Big guys can use their weight and strength to their advantage from the bottom too. Once I have this position, it is very easy to sweep, and then I am either across the side and can use the choke, or they turn quickly onto all fours and I can either take the arm or the leg.”

The Storyteller of Brazilian Jiu-Jitsu

But Valente is far more than just a master BJJ instructor, he is also a master storyteller who keeps the traditions of Brazilian jiu-jitsu alive by sharing its oral history. It is not unusual for Valente to break into a classic insider BJJ story during a class. If you are interested in learning Brazilian jiu-jitsu from someone who has “seen it all” or simply want to hear great historical tales, then stop by The Training Center and meet Carlaol “Cao” Valente.

To contact San Diego-based Carlaol Valente for classes or seminars call (858) 274-0051.

Side-Control Collar Axe-Choke

Controlling his opponent from the side mount (1), Carlaol Valente grabs the collar from the inside (2), puts his weight forward (3), and then leverages his forearm downward for the submission choke (4).



to arm lock or triangle me. His heart was gigantic. In the third round, he and I stood in our corners to start over. As he turned to face me, I could see how bloody he was. Yet his mouth was closed, and he looked ready to fight. Breathing easily through his nose, he seemed relaxed and ready for more punishment. I could tell he was a very experienced and capable fighter. After the first round, though, he lost heart because the bout didn't go as planned.

Q: What do you think did him in?

A: A Golden Gloves boxer and traditional martial artist, Burger was good on his feet and on the ground. But he was susceptible to takedowns, and this

worked against him. I took him down six times in three rounds, and I'm not a wrestler.

Q: Is there anything you would have done differently? Was there anything you did right but would have pursued further?

A: I would have stood up with him more. He's a good boxer but so am I, and I know when a guy's good on his feet. Nobody wants to take a punch. I'd rather fight on the ground where I'm more comfortable. But if my opponent wants to ground fight, that's when I test my standing skills.

Q: OK, imagine it's the year 2111. You're 40 years old, not 30, and you're looking back on your career. Any regrets? Will you still be fighting at 40?

A: I definitely don't want to fight when I'm 40. If I compete throughout my 30s, that would be long enough. I have a thriving school and a terrific grappling team. Of the nine guys fighting under me, several are destined to become big names. As time progresses, I plan to spend more time on their fighting careers and less on mine. We all train together

now, but it's hard for me to push them and myself simultaneously. Before I retire, however, I want to win more fights and cop another UFC title.

Q: To do that, what if you had to sacrifice some teaching time?

A: Believe me, I won't. The more experienced I become, the more important my students are to me. I've always loved to teach, even if it was showing my little brother how to tie his shoes, and I've always been a good teacher. From my earliest days at the Gracie Academy, I've wanted to be an excellent teacher more than everything else. I love to watch my students succeed. That's the mark of a great teacher. The way to succeed in mixed martial arts isn't to grab all the fame and fortune possible. It's to teach. Watching my students succeed in grappling and in life is a priceless gift, and I wouldn't trade it for anything.

Chris Brennan may be contacted for classes, seminars, or fight bookings at the Next Generation Fighting Academy, 15791 Rockfield Blvd., Suite D, Irvine, CA 92618; (949) 768-3580.



Reverse Guard Arm-Lock

Chris Brennan fights off an attempted guard pass (1). He shifts his knee to the outside and pressures his opponent's face to create space (2). He then release his far leg from his opponent's and passes it to the reverse side of his guard (3). Extending his body, he applies the finishing arm lock for the submission (4).

COMBAT
CHANNEL
.com

combatchannel.com

"A network focusing on the human spirit in competition with itself, others and the environment!"

PITBULL
Energy Drink

FLY
LINHAS AEREAS

BrazilOnline.com

ANYTHING
GOES.

SPORTSWEAR

*The prime
source of
Martial Arts
news!*

for our full line
of products
visit:

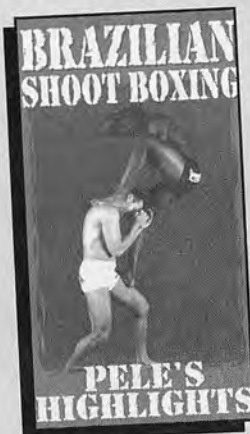
www.combatchannel.com

IGOR VOVCHANCHIN
NO-HOLDS-BARRED
WVC - PRIDE CHAMPION



1. Strikes
2. Knees/Kicks
3. Elbows/Headbutts
4. Clinch Techniques
5. Mount Attacks
6. Guard Attacks
7. Back Attacks
8. Warm Ups
9. K.O. Techniques
10. Fighting Highlights

JOSE PELE
VALE TUDO
BVF-IVC CHAMPION



1. Kicks & Shin Strikes
2. Punch/Elbow Combo
3. Knees & Blocks
4. Strikes & Raising from bottom
5. Guard Attacks
6. Takedowns & Passing the Guard
7. Avoiding Kicks
8. Mount & Side Attacks
9. Mount & Side Attacks 2
10. Pele's Highlights

HUGO DUARTE
LUTA LIVRE
UVF CHAMPION



1. Guard Attacks
2. Guard Attacks 2
3. Leg Locks
4. Sidemount Attacks
5. Contortions
6. Mount Attacks
7. Back Attacks
8. Sweeps
- 9-15. Escapes for No-Holds-Barred

FABIO GURGEL
BRAZILIAN JIU-JITSU
4X WORLD CHAMPION



1. Self Defense 1
2. Self Defense 2
3. Passing the Guard 1
4. Passing the Guard 2
5. Attack from Guard 1
6. Attack from Guard 2
7. Side Positions 1
8. Side Positions 2
9. Mount Positions 1
10. Mount Positions 2
11. Escape from the Mount
12. Back Positions
13. Reversals 1
14. Reversals 2
15. Take Downs
16. Fabio's Favorites

PETER AERTS
THAI BOXING
3X K1 CHAMPION



1. Power Punching
2. Power Kicking
3. Power Combination
4. Clinching & Elbow Techniques
5. Sparring & Equipment Training

BAS RUTTEN
NO-HOLDS-BARRED
UFC/PANCRASE CHAMPION



1. Kick & Punching
2. Armlocks, Escapes, Locks
3. Leglocks & Ankle Locks
4. Chokes & Sparring
5. Self Defense

Any Video \$34.99 + \$7.99 S/H
Two Videos \$59.99 + \$7.99 S/H

Three Videos \$79.99 + \$7.99 S/H
Four Videos \$99.99 + 7.99 S/H

California Residents please add 8% sales tax. Canada and Mexico Residents please add \$8.00. No CODs.

ABSOLUTE FIGHTING



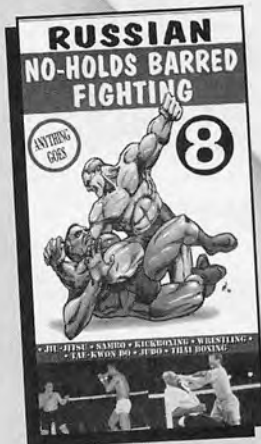
1. AFC - Igor Vovchanchin
2. AFC I - Misha Ricardo Morais
3. AFC II - Roberto Traven
4. AFC III - Igor Vovchanchin
5. AFC IV - Daryl Gholar
6. AFC V - Mikhail Aveytysyan

WORLD VALE TUDO CHAMPIONSHIPS



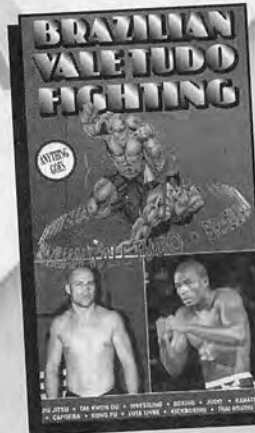
1. WVC - Marco Ruas
2. WVC - Oleg - Ruas - Rizzo
3. WVC - Mark Kerr - Rizzo
4. WVC - Marco Ruas
5. WVC - Igor Vovchanchin
6. WVC - Igor Vovchanchin
7. WVC - Igor Vovchanchin
8. WVC - Heath Hearing
9. WVC - Heath Hearing
10. WVC - Ellie Scarez
11. WVC - Amar Suloev
12. WVC - Francisco Bueno
13. WVC - Daryl Gholar

RUSSIAN NO-HOLDS-BARRED FIGHTING



1. RNHB - Vasili Kudin
2. RNHB - Valery Pliev
3. RNHB - Alex Barlaov
4. RNHB - Mikhail Aveytysyan
5. RNHB - A. Gorbarev
6. RNHB - V Yakimenko
7. RNHB - A. Mayovo
8. RNHB - R Talibov
9. RNHB - Valery Pliev
10. RNHB - Mikhail Aveytysyan

BRAZILIAN VALE TUDO FIGHTING



1. BVF 1 - Ebenezer Braga
2. BVF 2 - Marcelo Giudicci
3. BVF 3 - Jose Pele Landi
4. BVF 4 - Marcelo Giudicci
5. BVF 5 - Jose Pele Landi
6. BVF 6 - Pele / Macaco
7. BVF 7 - Nick Nutter
8. BVF 8 - Jose Pele Landi
9. BVF 9 - Marcelo Giudicci
10. BVF 10 - Vanderley Silva / Jose Pele Landi
11. BVF 11 - Ellie Soares
12. BVF 12 - Mario Sucata
13. BVF 13 - Ellie Soares
14. BVF 14 - Renato Babalu

CAGE FIGHTING CHAMPIONSHIP



1. CFC - Willie Peters
2. CFC - Willie Peters
3. CFC - Bob Schriber
4. CFC - Gilbert Yvel
5. CFC - Semenov
6. CFC - Marco Holkamp
7. CFC - Amar Suloev
8. CFC - Todd Medina
9. CFC - Kids
10. CFC - Women

HEADACHE SERIES



1. HS - Muay Thai Greatest Hits
2. HS - Muay Thai Greatest Hits
3. HS - Free Fight Highlights
4. HS - Cage Fight Highlights
5. HS - Mix Fight Highlights
6. HS - Muay Thai Greatest Hits
7. HS - Superbrawl Greatest Hits
8. HS - AFC Greatest Hits

FREE FIGHTING



1. FF - Willie Peters
2. FF - Hans Nilmar
3. FF - Willie Peters
4. FF - Gilbert Yvel
5. FF - Gilbert Yvel
6. FF - Gilbert Yvel
7. FF - Gilbert Yvel
8. FF - Gilbert Yvel
9. FF - Gilbert Yvel



ORDER NOW! 1-800-332-3330





IWGA flags outside the Akita Prefectural Gymnasium



Opening ceremony



Olympic Judo Gold Medalist and Judo 10th Dan, Anton Geesink and USJJF President Bruce Bethers



Traditional Ju-Jitsu Bright as Gold at the

Sixth World Games

By Robert M. Carver

While Brazilian jiu-jitsu and Greek pankration only dream about Olympic acceptance, traditional Japanese ju-jitsu is making serious headway towards that eventual goal.

The World Games is an international multi-sports event hosted by the International World Games Association (IWGA), under the patronage of the International Olympic Committee. The 6th World Games welcomed a huge group of over 3000 athletes and officials from over 90 countries. On August 19 and 20, at the Akita Prefectural Gymnasium in Akita, Japan, ju-jitsu made it second

There is an involved process for any sport to be accepted into the Olympics. While there has been some talk of mixed-martial-arts, submission wrestling, Brazilian jiu-jitsu, or pankration being globally accepted, the process of Olympic affiliation and the adherence to international guidelines and judging has taken a back seat to a mixed jumble of separate organizations all putting their own power and welfare over the common good of the entire sport. In contrast, traditional ju-jitsu is an example of a group that is working through the accepted regulatory process, putting individual egos aside, and making real strides towards standardizing common criteria. In time, because of this spirit of cooperation, traditional ju-jitsu could gain the same type of Olympic recognition as wrestling, judo, or taekwondo, leaving all forms of mixed-martial-arts far behind. — Editor

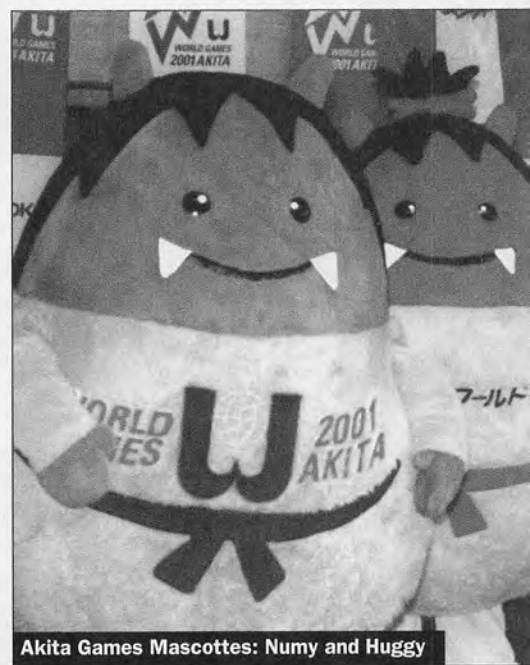




Ju-Jitsu fighting competition



Some of France's medal winners



Akita Games Mascottes: Nummy and Huggy



Parade of international sport federation flags at the opening ceremony before 20,000 spectators



appearance in these prestigious games fielding athletes from 15 nations and pitting the world's finest male and female judokas in head-to-head competition.

Unlike the Summer or Winter Games, competitors must pre-qualify in their international events. The judo representation included: The Netherlands, France, Denmark, Japan, Austria, Italy, Sweden, Uruguay, Germany, Brazil, Slovenia, Poland, Spain, Belgium, and Switzerland. Before getting into the competition itself, it is necessary to provide some background information so you may fully appreciate the significance of this event and understand a little more about the nature of traditional competition judo.

The Judo International Federation

The judo which is part of the World Games is managed by the Judo International Federation (JJIF), the International Governing Body (IGB) for Judo. JJIF is a member of the International World Games Association (IWGA) and the General Association of International Sports Federations (GAISF). These organizations are in turn members of the International Olympic Committee (IOC), and part of the Olympic Family of Sports. Each member sport is administered by a single International Governing Body, which in the case of judo, is the JJIF (the JJIF also conducts a World Championship every two years). Each member country has a National Member Federation which governs judo and represents the International Federation within that nation.. There are currently 40 member nations represented within the JJIF. Many of these Federations are already recognized by their country's Olympic Committee, and others will be soon. In North America, Yudansha Judo Canada is a member of Canadian Olympic Association. The JJIF representative in the U.S. is the United States Judo Federation, which is currently awaiting approval of its application to the U.S. Olympic Committee.

In October of 2000, the International Olympic Committee and the International World Games Association signed an agreement which states that the IOC



formally recognizes the World Games and agrees to provide it with support. This was evidenced by the Olympic Flag which flew proudly over the World Games in Aikita, Japan and was reinforced by the appearance by numerous IOC dignitaries.

As stated by Mr. Jacques Rogge, President of the International Olympic Committee (IOC): "On behalf of the Olympic movement, I would like to convey my greetings and best wishes to the people of Akita and Japan, the Organizing Committee and the participants in the 6th World Games. By signing a cooperation agreement with the International World Games Association, the International Olympic Committee recognizes the important international role the World Games plays as a multi-sport event. In particular, this event provides participating athletes with the opportunity to



Ron Froehlich and Anton Geesink with JJIF President Orlandi watching the Ju-Jitsu matches.

join with their countrymen and countrywomen from other sports, in the Olympic spirit, and compete as part of a national team at the highest level. I am sure that this 6th World Games will prove a success offering the athletes the best conditions for them to compete on

the global stage, and providing spectacular sporting action for spectators. As President of the IOC, I pass to all athletes at the 6th World Games my best wishes for the coming competitions."

Competition Types

There are two separate types of competition in World Games ju-jitsu, kumite and the duo competition. Kumite is a fighting competition and duo is a pre-arranged self-defense demonstration in which teams compete for scores awarded by a panel of judges.

Kumite

Kumite utilizes two opponents using a variety of techniques to defeat their opponent. The match is fought in a 12x12 meter area covered with tatami. The match lasts for two rounds of two minutes each. Legal techniques include strikes (hand or foot), throws, arm and leg locks, strangulation and pinning. Each match is refereed by one center and two side referees.

Each contest begins in the center of the mat area. The fighters must show their abilities in each of three areas - striking with the hands or the feet (atemi-waza); throws (nage-waza); groundwork (osae-komi-waza). Groundwork in this context means holding, choking or joint locking techniques.

As soon as one or the other fighter makes contact with an atemi, either of them can move into nage-waza. They must strike before moving into throws. When moving into the grapple, simultaneous striking is allowed at the moment of contact. Osae-komi must be preceded



Sixth World Games Ju-Jitsu Competition Results

MEN'S KUMITE

77 KG/ MEN:

Gold: **Didier Cezar** FRA;

Silver: **Michel Van Ryt** NED;

Bronze: **Christer Oquist** SWE.

85 KG/ MEN:

Gold: **Rob/ Haans** NED;

Silver: **Thierry Grimaud** FRA;

Bronze: **Peter Bevc** SLO.

94 KG/ MEN:

Gold: **Kamal Temal** FRA;

Silver: **Pedro A. Garcia** ESP;

Bronze: **Grzegorz Zimolag** POL

WOMEN'S KUMITE

62 KG/ WOMEN:

Gold: **Patricia Hekkens** NED;

Silver: **Jeanne Rasmussen** DEN;

Bronze: **Diana Gaslo Gimenez** ESP.

70 KG/ WOMEN:

Gold: **Nicole Stavnager Sydboge** DEN;

Silver: **Sophie Albert** FRA;

Bronze: **Anna Dimberg** SWE

MEN'S DUO

Gold: **Bruno Pereira** and **Jerome Laurent** FRA;

Silver: **Andreas Richter** and **Raik Tietze** GER;

Bronze: **Tom Jacobs** and **Wim Kersemans** BEL

WOMEN'S DUO

Gold: **Vibeke Mortensen** and **Karina Lauridsen** DEN;

Silver: **Laetitia Deloris** and **Geraldine Dejardin** FRA;

Bronze: **Silvia Alvarez** and **Nuray Batman** NED

MIXED DUO

Gold: **Miguel Martinez** and **Isabel Arroyo** ESP;

Silver: **Gertraud Christ** and **Peter Florian** GER;

Bronze: **Frank Stjernholm** and **Camilla Prien** DEN

by a throw or takedown. Once on the floor, they can start with groundwork techniques.

Points are awarded as follows: ONE point (wazari) for a good technique which is partially blocked; TWO points (ippon) for a technique which is not blocked. ONE point (wazari) for a hold-down which lasts for more than 10 seconds, but less than 20; TWO points (ippon) for lock or strangulation submission (while standing) or hold-down lasting for 20 seconds; THREE points (ippon) for lock or strangulation submission when on the ground.

Penalties are awarded for passivity, for excessive force and for illegal techniques and can range from one or two points. An accumulation of penalty points can result in a fighter being disqualified. The fighter who has accumulated the most points at the end of the two rounds is declared the winner. If one fighter achieves an ippon in each of the three elements (atemi-waza, nage-waza and osae-komi-waza) within the two rounds, he or she is immediately declared the winner of the contest.

Duo Competition

In contrast to kumite, the duo system is aimed at representing defenses against a pre-designated series of attacks. The defenses are selected by the competitors and any type of defense which conforms to the judging criteria is acceptable. The competitors are in pairs - female, male and mixed - and two pairs compete against each other by demonstrating their techniques.

The attacks are in four categories: grabbing/gripping; embracing and neck-locks; strikes (with hands and feet); weapons (knife and short staff). In each series there are five attacks, of which three are chosen by the center referee, giving a total of twelve in all. Both teams demonstrate the same twelve on the instruction of the center referee.

Contestants are scored by a jury of five referees on the following criteria: atemi must be powerful and controlled; throws and take-downs must contain balance-breaking and control;

locks and strangulations must be



shown to the jury to be effective with tapping by the uke (the attacker); both the attacks and defenses must be made with speed, they must be technical and must be realistic. After each set of three attacks, the judges award their assessments on a scale from 0 to 10. The highest score and the lowest score of the five are discarded and the remaining three scores are added together. The pair which has the highest total after the four categories is declared the winners.

Conclusion

While traditional ju-jitsu is not yet an Olympic sport, it has been recognized by the IOC and is on course to receive full Olympic recognition. Traditional ju-jitsu competition has a future that is as bright as any Olympic gold medal.

Robert M. Carver is a Ju-Jitsu instructor from Baton Rouge, LA, and is the Vice President of the United States Ju-Jitsu Federation. For more information about the Ju-Jitsu International Federation and Ju-Jitsu competition, please visit Ju-Jitsu International Federation www.jjifweb.com; United States Ju-Jitsu Federation www.usjff.org; Yudansha Ju-Jitsu Canada www.yjjc.org; International World Games Association www.worldgames-iwga.org; General Association of International Sports Federations www.agfisonline.com.

his feet. Gamino, with faster hands, came in immediately and landed several punches and kicks. Infante then executed a nice throw but Gamino rolled-out immediately and got the top position which Infante escaped from. The round ended with Infante looking tired and Gamino pressuring him against the cage. In round two, they again exchanged several takedowns and escapes with Gamino getting the better of each exchange. Finally, Gamino got the top mount on one of his takedowns and landed some hard elbows, as Infante verbally tapped-out at 2:24 of round 2.

Art Santore and **Erik Meade** then went at it in a two-round battle of fairly equal fighters. Santore established the side mount early as the two exchanged positions several times, both showing good grappling skills. Santore unleashed a small flurry of punches at the end of the first round, enabling him to get to Meade's back and almost get the choke as time expired. The second round opened with Santore landing a hard right to Meade's head that dropped him to the mat. Meade recovered quickly in a scramble but Santore continued to apply ground pressure throughout the second round for the decision victory.

Dave Hisquierdo faced **Joe Camacho** in the next fight. Camacho opened the match in aggressive fashion by pressuring Hisquierdo against the cage. Despite a bloody nose, Camacho carried the early action and nearly got a triangle which slipped off, but which he then deftly converted to a near arm-bar. Hisquierdo managed to evade the submission, though, and slithered to Camacho's back where he put in the hooks and applied the rear naked choke for the 3:38 round-one victory.

Jerry Jenkins then battled **Charlie West** in the 205-pound division. Jenkins came out quickly and landed several kicks, but then West charged in, took Jenkins to the ground, and landed some hard blows. Continuing to pressure, West then picked Jenkins up several times and slammed him to the mat. With West pressing and Jenkins in survival mode, West pressured him against the fence



Baraza slips away from Ramage.



where both men seemed to run of gas. With one minute left Jenkins landed a kick and shot in, but West immediately reversed, got on top, and pummeled from the side mount. Between rounds, barely able to stand from exhaustion, Jenkins puked and his corner threw in the towel - probably hoping Jenkins would grab it and mop up the mat.

Mark "The Bear" Smith, one of no-holds-barred's most colorful and exciting big men, then came into the ring to face a much-smaller **Joe Tauanuu**. Tauanuu started out like gangbusters as he charged across the ring right at the Bear, sending him reeling back. Smith recovered quickly though, reversed the momentum, and took Tauanuu down and established a rock-solid side-mount. Smith landed punches with his right hand, while keeping his left arm on the neck of Tauanuu. After only a few seconds the pressure was too much and Tauanuu tapped at :59 of round one. The Bear continues to claw his way toward a pos-

sible title shot with this impressive win.

The final feature fight saw middleweights **Randy Velarde** and **Cory Cass** get it on - sort of. Velarde came out and landed a hard front kick that sent Cass back into the cage. Velarde's weight advantage probably convinced Cass that this was not his night, and he gave a verbal tap-out at :18 of the first round.

Main Events

In the first main event, **Dale Breese**, in a Team USA wrestling singlet, faced **Sly "The Eliminator" Robles**. True to his singlet, Breese came out and immediately took Robles to the ground and went on top. From there he landed some hard blows, despite Robles' attempts to stay tight and reduce Breese's striking angle. Breese landed continuous blows from the mount which Robles could not block, enabling Breese to eliminate "The Eliminator" at 2:10 of the first round. Some days it just doesn't pay to have a cool nickname.

John "The Reverend" Jensen, fighting at the rather unholy age of 35, then came out against **Greg Bell**. Jensen was aggressive but the stronger and quicker Bell put him on his back and got the cross mount. Showing good technical ability, Jensen put Bell into his guard and started working submissions. He first tried an arm bar and then switched to a heel hook which Bell reversed, going for a heel hook of his own. Jensen then escaped from the hook with a very neat spin and went into Bell's guard. From there, Jensen stood up

in solid base and landed several sharp, hard blows to Bell's head which went unanswered, causing Bell to tap at 2:10 of round one and giving Jenson a textbook jiu-jitsu victory. Hallelujah, brother.

Lightweight Championship Bout

Highly-skilled Brazilian black belt Juliano Prado, who trains with Joe Moreira, then stepped into the cage to vie for the Gladiator Challenge Lightweight Title against Chris Brennan disciple Boa Quach. Both men come from very disciplined and technical camps, and the fight unfolded just that way. The two men closed slowly and Prado pulled Quach into his guard using the inside "spider" hooks - the first time anyone had used the advanced spider guard all night. The two then exchanged several lightening positions with Quach just a hair behind the skilled black belt - which put Prado on top and in control in the full mount. From there Quach tried to bridge but

Prado kept his weight forward to prevent it. Quach then almost got a kimura which Prado avoided via several forward shoulder rolls. Back on their feet, Prado immediately clinched, an executed a high-takedown leg throw, which put him back on top. Round one ended with Prado on top, pushing the action with submission attempts despite several punches from Quach on the bottom.

In round two, Prado came in and

landed several effective head punches, then put Quach back into the spider guard, actually giving him time to recover. Prado then swept on top, was momentarily swept to the bottom, then used his superb skills to come right back to the side mount where they ended up standing after a scramble. On the feet, Prado again showed good hand speed, landing several stinging blows. Once again jumping into Quach, Prado put

Lambert controls Kupahea.



KIKSKIN

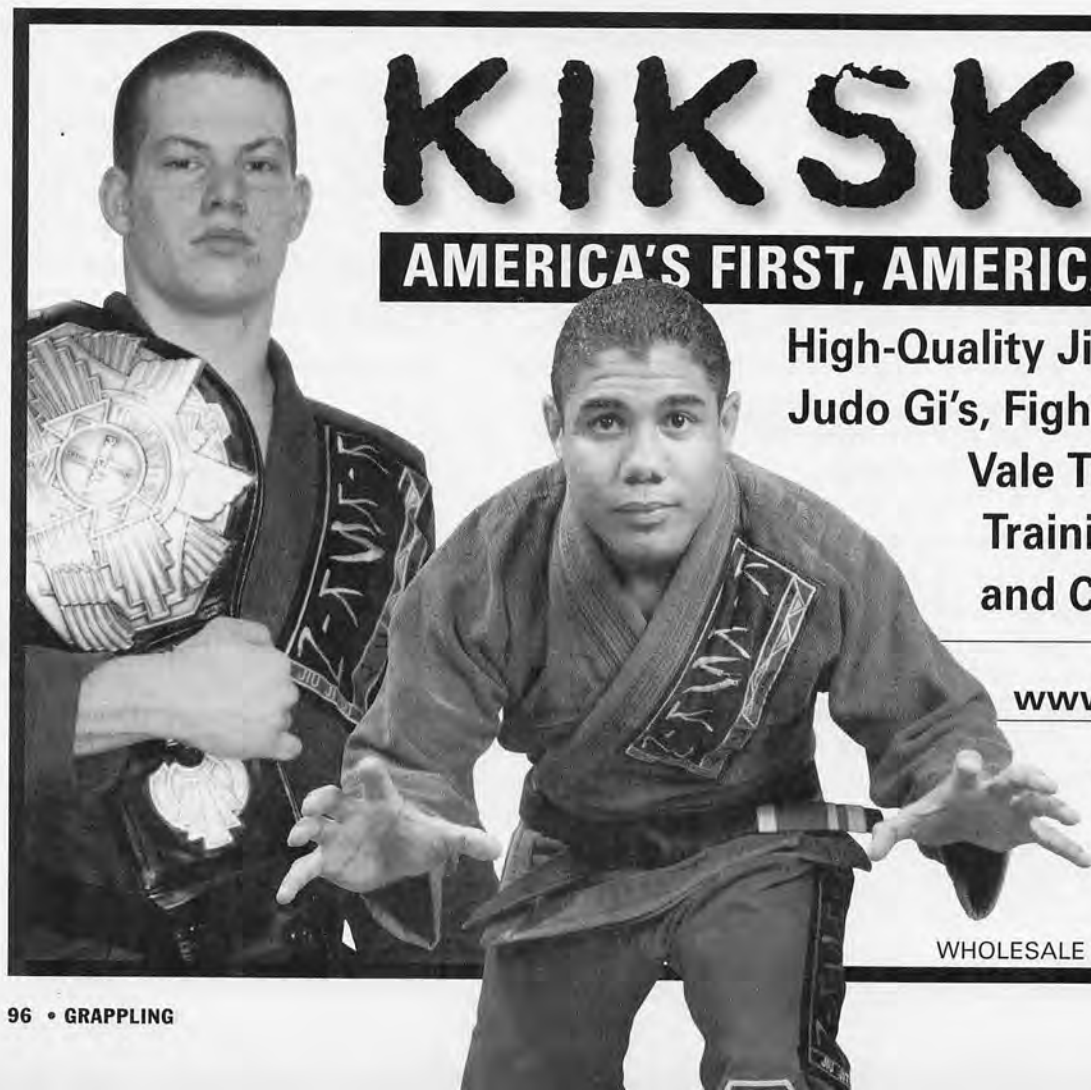
AMERICA'S FIRST, AMERICA'S BEST!

High-Quality Jiu-Jitsu Gi's,
Judo Gi's, Fighting Shorts,
Vale Tudo Gloves,
Training Apparel,
and Casual Wear.

Purchase direct at
www.kikskin.com
or call toll-free
1-888-kikskin



WHOLESALE INQUIRIES WELCOME



him into the spider guard and then swept him to get to the top, inside Quach's guard. Prado then tried to pass but the clever Quach fended him off repeatedly. When the referee finally stood them up, Prado immediately took Quach down and got into the cross-mount, pushing Quach against the fence. Prado was relentless in his attacks. Even though Quach was very clever on the ground, the Brazilian black belt was always half-a-move ahead, landing more blows, and pushing the action. From the side mount, Prado then locked in the shoulder choke, ignoring Quach's attempt to counter-choke with a guillotine. With only 10 seconds left in the round, under intense pressure, Quach went to sleep, giving Prado the lightweight title. This match was a treat to watch. Although both men showed exceptional grappling skill, Prado set the pace in the fight with his smooth attacks and effortless transitions - the mark of a true Brazilian black belt.

Heavyweight Championship Bout

The final match of the night was the Gladiator Challenge Heavyweight Championship between **Jason Lambert**, who recently lost to Marco Ruas in less than a minute, against "The Hawaiian Assassin" **Kauai Kupuhea**, who recently lost to Eric Pele in less than a minute. With that being said, however, Lambert is a tough grappler who hasn't yet learned to manage his game, and Kupuhea is a Jekyll & Hyde kickboxer/grappler who alternates between flashes of brilliance and flashes of mediocrity. The question tonight would be which man would show up with his "A" game.

Kupuhea answered that question immediately as he came out hard and took Lambert to the ground. Lambert fought to his feet but was pressed into the cage by the taller but lighter Kupuhea. The two exchanged small inside punches before Lambert established inside control, took Kupuhea down, got to the back, and began punishing him from the top. Kupuhea, in serious trouble, defended from the bottom forcing Lambert to the side, where Lambert elbowed Kupuhea illegally in the spine. The referee broke the two and gave Lambert a caution,

Gladiator Challenge 8 Results

Louie Vaith, def. **Jermine Watts**, Heel Hook, 1:17 R2, 165 lbs.

Shawn Ramage, def. **Matt Baraza**, Dec. R2, 135 lbs.

Lucas Pace, def. **Doug Grande**, Triangle, 2:43 R1, 175 lbs.

Thomas Kenney, def. **Chuy**, Dec. R2, 185 lbs.

Dave Taylor, no contest, **Rocko Henderson**, 205 lbs.

Jimmy Ambriz, def. **Javier**, TKO, :47 R1, Hwt.

Mike Bourke, def. **Eric Klepper**, TKO, 4:43 R1, Hwt.

Cipi Gamino, def. **Sost Infante**, Verbal Tapout, 2:24 R2, 165 lbs.

Art Santore, def. **Erik Meaders**, Dec. R2, 205 lbs.

Dave Hisquierdo, def. **Joe Camacho**, Choke, 3:38 R1, 155 lbs.

Charlie West, def. **Jerry Jenkins**, Corner Stoppage, R1, 205 lbs.

Mark "The Bear" Smith, def. **Joe Tauanuu**, Choke, :59 R1, Hwt.

Randy Velarde, def. **Cory Cass**, Verbal Tapout, :18 R1, 165 lbs.

Dale Breese, def. **Sly Robles**, TKO, 2:10 R1, 155 lbs.

John Jenson, def. **Greg Bell**, TKO, 2:19 R1, 205 lbs.

Juliano Prado, def. **Boa Quach**, Choke, 4:58 R2, Ltwt. GC Title

Jason Lambert, def. **Kauai Kupuhea**, Arm Bar, 2:10 R2, GC Hwt. Title



standing them up. The two came back together and Kupuhea picked Lambert up and slammed him to the mat. Lambert fought to his feet, got the underhooks, and then pushed Kupuhea into the cage where he took him down, got to the back, and put in the hooks, forcing the Hawaiian to fight off the attempted choke again. With one minute left, Lambert gave up the choke and punched down from the top. Lambert didn't land any hard blows but definitely controlled the action in round one.

Round two opened with some hard strikes by Kupuhea, who didn't pursue his striking but rather fell back into Lambert's grappling game. Kupuhea pressured Lambert into the cage then picked him up and slammed him to the mat, following him down and gaining the cross mount. He didn't really take advantage of the position and instead launched a few lazy elbows that did nothing more than give Lambert a chance to recover. With his wind back, Lambert reversed Kupuhea and went on top where he applied an opposite side kimura, forcing Kupuhea to

tap at 4:58 of round two for the title.

Kupuhea is a superior striker who, for some reason, seems reluctant to let his hands and feet go in a bout, preferring instead to shoot in and play the grappler's game. Lambert is a strong fighter who will only improve as he gains experience and improves his ring management skills. Both men fought hard, though, and gave the crowd their money's worth.

Conclusion

With an amazing 17 fights on the Gladiator Challenge card, it was probably fortunate that so many bouts ended early via submission or KO. By packing the arena with nearly 4,000 paying fans, promoter Tedd Williams proved that if you provide spectators with exciting matches they will keep coming back for more - and that is just what Williams does. Unique in his perspective, Williams knows the sport from the inside out. This enables him to put together fighters whose differences and similarities make for exciting matches. Did Gladiator Challenge deliver the goods? Oh, yeah!

YMAA Publication Center

18 Years of Quality Publishing
Books and Videos



**CHINESE FAST
WRESTLING FOR
FIGHTING – THE ART OF
SAN SHOU KUAI JIAO
LIANG, SHOU-YU**

Effective techniques against punching, kicking and grabbing. Rooted in traditional Chinese wrestling.
208 PAGES • ISBN: 1-886969-49-3 • \$22.95



**CHIN NA IN DEPTH –
COURSES 1, 2, 3, 4, 5, 6
DR. YANG JWING-MING**

Chin Na = Seize and control. Dr. Yang teaches you up close and in detail. These videos are absolutely

the best way to learn Chin Na.
Course 1 • \$39.95 / Course 2 • \$34.95
Course 3 • \$34.95 / Course 4 • \$34.95
Course 5 • \$29.95 / Course 6 • \$29.95
Video VHS/NTSC



**SHAOLIN LONG FIST KUNG
FU – TWELVE TAN TUI AND
THEIR APPLICATIONS
DR. YANG JWING-MING**
The Foundation of
Northern Shaolin
Kung Fu.

35 minutes ISBN: 1-886969-15-9
\$29.95 • Video VHS/NTSC



**COMPREHENSIVE
APPLICATIONS OF SHAOLIN
CHIN NA – CHINESE
SEIZING ART • ALL STYLES
DR. YANG, JWING-MING**

Actual Chin Na Combat
Scenarios for punches, kicks, grabs
and knife defense. Theory &
Applications.

364 PAGES • ISBN: 1-886969-36-X • \$34.95

**shop online & SAVE 10%
WWW.YMAA.COM**

FREE CATALOG

**Dr. Yang's Seminar Brochure
CALL 800 669-8892**

YMAA

4354 WASHINGTON ST.
ROSLINDALE MA 02131

PUBLICATION CENTER EMAIL: YMAA@AOL.COM

CHAOS

Continued from page 37

dinner. A tiny window of chaos in your otherwise perfectly structured life.

Fight Club had a set of seven rules – basically because I needed seven transitional devices in the story and I needed to give the rule as a transitional device to jump from one scene to the next. So the rules were pretty arbitrary, seven things that I made up at work one afternoon so that's as much thought as I put into it. But they are those very specific rules, about taking your shoes off, about as soon as someone passes out the fight stops, about the fights go on as long as they have to. And the last rule was that if it was your first time, you had to fight so that it wouldn't be about spectating, it wouldn't be about watching fights. If you were there, you were a participant.

Q: So fighting actually helped the characters to bond?

A: It's funny because the bonds that form among my characters are almost stereotypical. At the time that I was writing I was getting into a lot of fights and the irony was these were with people I couldn't stand and then afterwards these people became my best friends because, in a way, they had seen the very worst of me. We had allowed ourselves the opportunity to sort of express something that was troubling us – so we felt almost married to each other in that stereotypical way that after the cowboys in the barroom fight, they're usually drunk and hanging on each other and singing some cowboy song. And in the book and in the movie it was just basically that same sort of mutual exhaustion and camaraderie that was created by giving each other permission to misbehave, to be aggressive, you know, providing that for each other. Tyler provides therapy for [the unnamed protagonist in the book] Jack [the protagonist's name in the movie] and in a way shows Jack that he can function on a level he's never thought of before, by giving Jack a series of smaller and then larger and larger victories, proof of his own endurance, of his own power, that he's capable of so much more than he ever thought he was, and that he can face things that he was so frightened of and

that he doesn't have to be trapped in the role that he's been coached to live in his entire life.

Q: Do you feel the book promotes violence?

A: When the book came out there were a lot of charges in the European press before the movie came out that the book was a means of reintroducing and glamorizing fascism for a new generation, which I find ludicrous because for years I've been trying to spell fascism, I can't even, is it C-S-I? I have no idea. But [in the novel] *Fight Club*, when it evolved into *Project Mayhem*, was designed as an organization that would self destruct, was designed as an organization without central leadership, without a single figure so that each person by doing a number of assignments becomes so capable or so self confident that they could replace the original leader.

Q: What type of people did *Fight Club* strike a cord with?

A: After every reading of *Fight Club*, certain people would hang back and you could tell they wanted to interact with me at the very last, and if it was a guy they would always ask "Where is the fight club in this area?" and if they were a woman they would say, "Is there one of these for women, and if so, where can I find it?" I got to this bookstore for his first reading of the yet unpublished, short story version of *Fight Club* and it was a women's collective bookstore! And half the women there were clutching Martha Stewart books and half the women there were married to other women and I was stunned! I figured this was the wrong thing to read in this crowd, but after I read in this program, people just went nuts. All of these women totally loved the story and regardless of who they were: the Martha Stewart women loved it and the lesbian women loved it – it was just amazing!

Q: Does societal experience play a part in the appeal of *Fight Club*?

A: It feels like the more oppressed or repressed the population or culture is, the more they really love the book. The book sold enormously well in Japan – I mean, so much more than it did on the American market. And the fight clubs generated by the book and movie were largest

at Brigham Young University where there was three hundred guys to a fight club and the university couldn't shut them down because the students argued the Book of Mormons supported fight clubs. And so a culture like the Japanese, or the Mormons or women - any culture which feels suppressed, which feels like it can't express itself or can't obtain power, would really be attracted to something that preaches you can be a source of your own power and that this prowess is right at the end of your arm.

Q: Have you actually fought a lot?

A: I have been in fights at work where I was afraid for my job; I have been in fights at bars where I was afraid for my friends that someone would take down their license plate number and call the police, and they'd get blamed for what I'd done. I'm a much more mellow person now. I take part in grappling locally. I have a sparring partner even though I haven't sparred much this summer. But especially over the winter I try to do it three times a week.

Q: Do you think only the uneducated have the fighting mindset?

A: There's a boxing gym across town and at this gym you'll see the District Attorney or the Assistant to the Mayor sparring with this guy that just got out of prison and is on unemployment. You'll see such a disparate mix of men and women now, boxing each other, and it sort of levels the playing field: one may not be as educated as the other one, one may not be as young as the other, one may not be as rich as the other, but when they're in the boxing ring, somehow they're equals, on that level they're equals, and they interact on that level as equals. The DA may have nothing to say to the street person in real life, but when they're in the ring together they get along as best friends, because they're practicing the same thing and they're in a way coaching each other as they spar, giving each other a challenge, serving each other in this role. You can't practice a sport like that by yourself.

Q: Do people get less violent as they learn more grappling techniques?

A: It's funny how often it happens in beginning grappling classes, things will stop, one person will get a really good

hold or a really good throw and they'll stop just to say, "I'm sorry, I'm sorry, I'm sorry, are you OK?" We're prone to apologize, we're prone to be courteous, and the moment we get the upper hand we stop everything to apologize for the fact that we've got the upper hand and if you get past that, you get to the point where you have the permission, the inherent permission that you can do what you

need to do to win a fight. It's interesting, Susan Faludi talks about this quite a bit, about the secondary maturation process, that beyond the parent somebody else has to step in to a person's life - I think the archetype is sort of the coach, the sensei, the sergeant, the whatever; someone you trust completely, that you will obey, trust that what they tell you to do will make

Continued on page 100



Who would you trust to train you?
Jacare' Cavalcanti Headcoach Alliance BJJ
USA-Brazil-Europe
For class schedules & seminars call
404.843.0606 www.MasterBJJ-Jacare.com

you a stronger, better person. So you do these things, let's say these *Karate Kid* things - a gentle metaphor OK? - and you trust this person with the idea that you'll eventually obtain the skills that you need to move beyond this person.

Q: Is fighting something that occurs as part of the growing-up process?

A: In Chile, there's this peasant culture, where the peasants once a year go to their ancestral villages and all the men literally get in fight clubs, and the women get in fight clubs, and the way these people pass from adolescence into adulthood is to get into fights throughout this holiday and afterwards they prove themselves and then they get married. There's a record number of marriages at these festivals.

Q: How would society be different if you ruled the world?

A: I think that there would be more consensual opportunities for people to experience and express fighting with each other. Maybe it doesn't need to be called fighting, it's sparring, it's play, you know it's the way dogs play, it's the way cats play, it's the way so many other mammals express themselves in play by doing this, or something similar to this and we don't.

Q: Do veteran fighters reap any spiritual benefits?

A: The most cool, calm, quiet, people, very sort of Buddhist monk people you'd ever want to meet are these Olympic wrestlers - because for three minutes, seven minutes, whatever, they are out there just absolutely trashing or getting trashed by someone else to the point where they weep or they vomit or they bleed, I mean it's so violent while it's happening. When it's not happening they're completely, or at least they seem completely, relaxed, calm, self-possessed - it's really amazing to be around them. One moment they'll be carrying their baby up and down trying to get them to sleep, the next minute they'll be in the ring trashing somebody. It gives them such a peace in their everyday life just having this one moment of chaos.

You hear these incredible stories of the nerdy skinny kids in their grappling classes becoming these really cocky, confident,

physically fit courageous people, and really going from slumped people to strutting people and it's not an immediate thing; it's such a gradual process, and it's so much like what's happened with my writing. I had a short story published called *Fight Club* and I think I got \$50 for it. The anthology that it's published in now sells for \$400. I got \$50! But the process of getting from that to where I am now is so similar to the fight club process - the idea of gradually building success.

Karen Sosnoski is a freelance writer and producer living in Alexandria, VA. She has a black belt in taekwondo and six months of grappling experience. She interviewed Chuck in pre-production for her second film, Grappling Therapy.

HOOKnSHOOT

Continued from page 80

and got in on the leg. It eventually went down, but with no one having a clear dominant position. Casius stayed with the grappling exchange but he was a step behind Gouveia who took a solid position and set-up the arm bar nicely, getting the tap.

Justin Wisniewski, Polish Connection, draw, Tony Dedolph, Freelance: These two guys came to fight and you could see it in their scrappy performances. Grappling and punching from just about every position, these guys fought, moved and even looked like the same fighter. They were both very lean, long, and skilled and it was a treat to watch them go at it. Dedolph spent most of the time on his back due to foiled take-down attempts and a good clinch by Wisniewski. Neither man could quite establish control and for every strike there was retaliation, and for every submission attempt there was a counter. Dedolph was a bit busier with the submission tries but Wisniewski opened a nasty cut under his eye. In the end one judge gave the fight to Dedolph while the others called it even. I believe that a draw was a justified call especially considering that for the first time in this reporter's memory the audience actually cheered the draw decision. Both men came to fight, but both

were also shaking off the ring rust of long layoffs - look for much more from both!

Judy Neff, Team Idaho, def. Shelby Walker, Freelance, Armbar, 0:40 R1: Judy Neff is the real deal. She is very fit, aggressive and moves like a champion. If you ever want to show someone how to string together mixed-martial-arts techniques in a textbook fashion, then show them this fight. Judy closed in and landed a solid right that disoriented Shelby and sent her back a few steps. Judy followed up and forced Shelby to grab and hold. Judy quickly took her down, went to side control, slipped her knee across for the mount and began raining punches. Walker covered up as best she could but left herself open for a textbook arm bar. Neff wins in 40 seconds and sets the bar for the Shooto Women's Division.

Takumi Nakayama, Paraestra Dojo, def. Henry Matamoros, Pedro Sauer Jiu-Jitsu, Verbal Submission, 3:20 R3: Nakayama captured the Fighter of the Weekend award for his performance against Matamoros and it isn't hard to see why. He controlled every aspect of this fight. Henry had his moments and even landed a few punches even though he is not known for his stand-up game. Despite this, Takumi dominated. He was aggressive on his feet and cool on the ground. The first round was close with Matamoros coming close to a submission with an arm attempt. Things slowed at the end and it was just about even at that point. But this is where things shifted in Nakayama's favor. Henry came out looking a bit fatigued for the second round. He had trouble cutting weight the night before and had a match just a week earlier (albeit a short one) and it was taking its toll. Conversely, Takumi looking fresh and resilient and stayed on the attack throughout the round. He worked punches mostly, and easily backed away from Henry's attempts to take it to the mat. Going into round three, Matamoros looked to be in trouble. He was putting his hands on his hips, really showing he was winded. It didn't help that Takumi kept the pace high, forcing Henry to defend constantly. Matamoros dug deep about halfway through the round and started throwing some scrappy punches.

Nakayama avoided any serious danger and recaptured the pace and put Matamoros on his back. The Japanese fighter was working on a guard pass when Henry waved to the referee to stop the bout, appearing as though he was favoring his ribs. The word is that he popped a rib early in the bout and that drastically affected his wind. Tough break for Matamoros, who looked good regardless, and an impressive performance by Nakayama. Keep on eye out for Nakayama - in a division with the likes of Sato, Mishima and Gomi he could still make some noise. Nakayama returns to Japan for a very tough bout in Shooto's December 16 'The Final Act' show against Brazilian Marcio Cromado. For his efforts, Hooknshoot and sponsor Tapout awarded Nakayama the Fighter of the Night trophy - an honor, incidentally, that Matamoros has won twice.

Chris Monson, AMC Pankration, def. Alexandre "Cacareco" Ferreira, TKO, 3:00 R2: This fight did not start the way it ended. Ferreira looked strong, both physically and in technique. He came out aggressive and got the takedown. From there he controlled things throughout the round. Monson was very game and did a good job fending off the attacks but was exposed to some dangerous strikes as Alexandre drove some short choppy elbows for much of the round while dominating the positions. Coming out in round two Ferreira looked like a different fighter. He was sluggish and his face was drawn. He had obvious signs of fatigue. Chris, however, was sharp and alert and ready to bring it. Alexandre tried for a takedown and Monson easily sprawled forcing his opponent's head to the mat. Ferreira just laid there, face down, as Monson proceeded to unload giving the referee no choice but to stop the bout.

Aaron Riley, AMC Pankration, def. Mike Willus, Pittsburgh Top Team, Arm bar, 4:17 R1: This was a highly anticipated return to Evansville for Riley, considered a hometown favorite despite moving to Seattle. After his loss to Yves Edwards he has been really focused on getting back to basics. Mike Willus, on the other hand, is the Shoji Akira of HooknShoot. His has a

Continued on page 102

Own my highly rated videos for just "pennies" a move!

And... if you choose, pay HALF now plus 5 additional low, monthly payments*.

We're the **first & only** company offering top quality, affordable tapes... with an optional payment plan. Pay as you go while learning from **thousands** of techniques, drills and LIVE footage. It's everything you need to know about striking & grappling but could never find from one reliable source. I've helped thousands of people in over 60 countries... I know I can help you!

For live clips or to order online go to www.fightingsecrets.com

Voted among the BEST videos!

Karate / Kung Fu Illustrated
A must for today's modern-day fighter!
Inside Kung Fu Magazine
One of the top series ever produced!!
www.alinet.net/~karate/lalain.htm

Neck Manipulation- Vol 1:

Features over 120 finishing holds including neck cranks, spine locks & naked chokes, throat strikes, variations & drills. No GI. A must for the street & NHB. Full Hr! #NM1...\$39.95

Neck Manipulation- Vol 2:

Over 115 finishing holds including advanced chokes & lapel strangles, variations & drills. Over 50 proven defenses against chokes! 1-1/2 hrs!! #NM2...\$39.95

FORBIDDEN Leg Locks:

Over 100 variations of hip, knee & ankle locks: take downs; calf & tendon crushes. Most you'll ever see on 1 tape! #FLL...\$39.95



Jiu Jitsu Arm Locks Vol 1:

40 plus armlocks in complete detail from side hold, forward & reverse scarf position top, mount, etc. Awesome! #IAL1...\$39.95

Jiu Jitsu Arm Locks Vol 2:

Over 50 more armlocks that will amaze even advanced Jujitsu fighters! Includes rarely seen standing applications. #IAL2...\$39.95

Grappling & Ground Fighting:

2 hrs of concepts & conditioning never taught on video. Science of takedowns, counters; Beginners thru instructors #GG...\$39.95

Advanced Grappling & Ground Fighting:

Features LIVE explosive fights of Marco Lala; tons of solo drills, escapes, finishes; See real grappling in action #AGG...\$39.95

Elbow Techniques:

2 tapes in 1! Devastating Muay Thai elbow techniques with vale tudo, street effective arm bars, locks & escapes. #ET...\$39.95

Head Butts-Eye Gouging-Hair Pulling:

A scientific approach to dirty fighting. 3 videos in 1! Add these vicious techniques to standing/groundfighting. #HB...\$39.95

Iron Defense System:

Most complete guide to blocking & evading. Realistic parries and body shifting vs over 100 kinds of attacks. Special section on shin kicks & weapons. Learn how most blocks may get you killed! #ID...\$39.95

Karate's Ab Training Secrets:

100 methods fully detailed. Beginner thru advanced routines. Most complete on the market. Not a fake shortcut. #AB...\$29.95

Beyond Splits Vol 1:

Achieve total body flexibility at any age! Tips on workout clothes, times to stretch, proper care of joints. No partners or expensive equipment. Withstand locks, maintain flexibility all day. Do it now! #BS1...\$29.95

Beyond Splits Vol 2:

Power stretching for peak performance. Secrets for passing that stubborn 6-12 inches from a full split. Increase speed & power 200%! Go past 180 degrees! #BS2...\$29.95

Knock Out Any Attacker within Seconds:

See Marco Lala LIVE in a 16 man elimination tournament knocking out 4 challengers in 1 night! Students with 6 months of this training have beaten Black Belts from other systems! Triple your fight skills in just a few weeks. #KO...\$39.95

Karate Boxing Connection:

"Mastering Hand Techniques" Boxers can't be beat in the striking dept! Nearly 2 hrs of combos, distance, timing, speed, footwork, accuracy, fakes, self defense & much more! A must for every style! #KB...\$39.95

Full Splits, High Kicks, w/ 400-lb squat & 300-lb press

See Marco Lala LIVE in a 16 man elimination tournament knocking out 4 challengers in 1 night! Students with 6 months of this training have beaten Black Belts from other systems! Triple your fight skills in just a few weeks. #KO...\$39.95

Lowest prices ever!

1-800-573-7655
914-776-1411 fax 776-9012

ORDERS 1-800-573-7655

914-776-1411 • 24 hr Fax 914-776-9012

www.fightingsecrets.com

or Mail orders to: Marco Lala

P O Box 979 • Yonkers • NY • 10704

Name _____

Addr _____

City _____ St _____ Zip _____

☐ VISA ☐ M/C ☐ A/MEX ☐ DISC

Card # _____

Exp. _____

Tel. () _____

Sign. on card _____



Marco Lala has trained under some of the highest ranking Japanese instructors in full contact karate, Judo, Jiu Jitsu & wrestling. He is a former certified Kyokushin instructor, light weight Bare-knuckle champion, Judo competitor and founder of the Tetsu Bushi Jitsu System. He appears in over 30 US & Japanese Martial Arts videos and international magazine articles.

Honesty & Integrity since 1985

see: www.fightingsecrets.com

Beyond Splits Vol 2:

Power stretching for peak performance. Secrets for passing that stubborn 6-12 inches from a full split. Increase speed & power 200%! Go past 180 degrees! #BS2...\$29.95

Knock Out Any Attacker within Seconds:

See Marco Lala LIVE in a 16 man elimination tournament knocking out 4 challengers in 1 night! Students with 6 months of this training have beaten Black Belts from other systems! Triple your fight skills in just a few weeks. #KO...\$39.95

Karate Boxing Connection:

"Mastering Hand Techniques" Boxers can't be beat in the striking dept! Nearly 2 hrs of combos, distance, timing, speed, footwork, accuracy, fakes, self defense & much more! A must for every style! #KB...\$39.95

Full Splits, High Kicks, w/ 400-lb squat & 300-lb press

See Marco Lala LIVE in a 16 man elimination tournament knocking out 4 challengers in 1 night! Students with 6 months of this training have beaten Black Belts from other systems! Triple your fight skills in just a few weeks. #KO...\$39.95

Lowest prices ever!

1-800-573-7655
914-776-1411 fax 776-9012

ORDERS 1-800-573-7655

914-776-1411 • 24 hr Fax 914-776-9012

www.fightingsecrets.com

or Mail orders to: Marco Lala

P O Box 979 • Yonkers • NY • 10704

Name _____

Addr _____

City _____ St _____ Zip _____

☐ VISA ☐ M/C ☐ A/MEX ☐ DISC

Card # _____

Exp. _____

Tel. () _____

Sign. on card _____

30 Day "NO RISK" MONEY BACK Guarantee!

☐ #NMI...\$19.95 ☐ #KO...\$19.95 ☐ #TC1...\$19.95

☐ #NM2...\$19.95 ☐ #BS1...\$19.95 ☐ #TC2...\$19.95

☐ #FLL...\$19.95 ☐ #BS2...\$19.95 ☐ #BPFI...\$19.95

☐ #IAL1...\$19.95 ☐ #KB...\$19.95 ☐ #BPFI...\$19.95

☐ #IAL2...\$19.95 ☐ #V-ENC...\$24.95 ☐ #TBJ...\$19.95

☐ #GG...\$19.95 ☐ #LK1...\$19.95 ☐ #PET...\$14.95

☐ #AGG...\$19.95 ☐ #LK2...\$19.95 ☐ #SB...\$18.95

☐ #ET...\$19.95 ☐ #AB...\$19.95

☐ #HB...\$19.95 ☐ #LAT...\$19.95

☐ #ID...\$19.95 ☐ #LAB...\$19.95

sub total _____

+ Shipping _____

order total _____

ship: add \$5 for 1st item; \$2.50 ea add'l item. Foreign (except Canada/Mex) Triple ship US\$ only

*Plan is for credit card orders & requires a 2 tape minimum. Pay 1/2 + shipping to get tapes. We'll then make 5 add'l charges!

Best Offer: All 26 tapes & 2 books... Just \$303.82 now & 5 monthly payments of \$53.76 (Save an additional \$351!)

Video Encyclopedia on Effective Kicking:

Over 30,000 kicks thrown to complete this 2 tape set. Mechanical breakdowns, time lapse, real fight footage, drills, self defense. Don't think kicks work? See this! #V-ENC...\$39.95

Destructive Low Kicks & Knee Attacks 1:

Why EVERY style & NHB fighter adds these techniques. Banned in most Dojo's. Learn what the Thai's, Japanese & best U.S. fighters use to dominate full contact! #LK1...\$39.95

Destructive Low Kicks & Knee Attacks 2:

Advanced training & technique integration. Add to hand techniques, kicking & ground fighting. Features live footage, bat (& leg) breaks, demo's, "Blind side" attacks & "fight scenario" drills! #LK2...\$39.95

Winning from Legs Around Top Position:

How to AVOID, Evade and Pass the Guard. Other videos don't cover how to defeat the legs before & during a guard attempt here's how: numerous passing techniques. Strict attention to detail! #LAT...\$39.95

Winning from Legs Around Bottom Position:

How to secure, defend & fight from the guard! Totally dominate any match from this highly effective position #LAB...\$39.95

Top Control Series

Dominating, flowing & striking from pinning positions. Have you wasted \$69 on a 15 minute tape with one position. Learn what the others don't want you to know! Mount (& modified mount), side hold, top hold, One arm, scarf position, floating-knee to chest, reverse scarf & much, much more!

Top Control Volume 1: #TC1...\$39.95

Top Control Volume 2: #TC2...\$39.95

Bottom Position Fighting Series:

Survival & Escape Techniques from bottom positions. Most comprehensive series of escapes EVER. Covers all the counters from Top control 1 & 2 in exact detail. Made for instructors - a must for any student!

Bottom Position Fighting 1 #BPFI...\$39.95

Bottom Position Fighting 2 #BPFI...\$39.95

Tetsu Bushi Jitsu's Inner Secrets:

The "No-Holds-Barred" Fighting System of the Iron Warrior Federation. Meet Marco Lala up close & personal. Video features Biography, Live fights, his teachers and instructional segments. #TBJ...\$39.95

Phenomenal Endurance Training:

Triple your stamina within 10-14 days; weekly routines; build awesome power and speed. Quality soft cover #PET...\$14.95

Phenomenal Strength Training:

21 lbs of muscle in 10 weeks; no drugs, supplements not even belt! Less than 2 hrs per week! Soft cover #SB...\$18.95

Call 1-800-573-7655 or

914-776-1411 Fax 914-776-9012

www.fightingsecrets.com



"They Laughed When I Got Mopped Across The Floor ... But Now That I'm In Condition, I'm The One Having All The Fun"

By Matt Furey, author of *Combat Conditioning*

You know the scenario I'm talking about. You've experienced it before and so have I. You're

competing in a match (or having a tough workout) that you KNOW you should be winning. You're better than the guy you're up against. But right now you're so tired you can't lift your arms or get enough oxygen in your lungs. And because of this, you're getting your ass handed to you - and not on a silver platter. Oh no. It's a lot rougher than that.

Your tongue is hanging to your knees and you feel weak all over. And now, not only are you getting beat, but you feel SCARED. You're scared of losing. You're scared of making another mistake. And most of all, you're AFRAID of getting tired.

It's a horrible feeling, isn't it? It makes every word of the legendary Vince Lombardi saying ("Fatigue makes cowards of us all.") painfully, excruciatingly true. When you're tired, you get scared. **Subconsciously**, you actually are afraid that you might die if you push any harder. And although you desperately want to win - you can't make yourself do it. All the screaming from your coach to "suck it up" and "be a warrior" doesn't do a damn bit of good when your gas tank is empty. Once you hit that fatigue barrier, nothing will bring you back.

Losing to someone that you could have and should have beaten is embarrassing, humiliating and degrading. But the truth is, in every combat event known to man, your ultimate weapon can be summed up in one word: **CONDITIONING**.

You can have the best techniques in the world, but once you get tired, it all goes to hell in a hand basket. When you're tired, advanced skills turn to those of a rank beginner. Even your opponent's junk moves, techniques that you'd normally see coming from a mile off, will work on you when you're tired.

Believe friggin me, I KNOW. My name is Matt Furey. I'm a national collegiate wrestling champion, a world shuai-chiao kung fu champion and the leading teacher of a submission fighting art known as catch-as-catch-can. If anyone knows the importance of superior technique, it's me. Yet, I will be the first to tell you that **"Conditioning is your ultimate weapon."**

But don't take my word for it. Go talk to any champion boxer, kickboxer or grappler. Ask him if he thinks he won his big matches because he had better technique or because he was in better condition than the other guy. Ask modern day fighters like **Frank Shamrock** how he beat the amazing **Tito Ortiz**. Ask **Roy Jones Jr.** if all the time he spends on conditioning is necessary. Ask Olympic champion wrestlers like **Dan Gable** if he thinks conditioning was the key to coaching 15 NCAA championship teams in 21 years. Ask **Rickson Gracie** why, despite his technical prowess, he is fanatical about conditioning.

Then go back in history. Study the lives of boxing champions like **Rocky Marciano**, **Jack Dempsey** and **Muhammad Ali**. Even study how **Bruce Lee** trained - and why he made conditioning a cornerstone of his training regimen.

Yes, these champions have sharp technical skills. But, they also went into the ring knowing they could run the other guy down; they could wear his ass out; they would ultimately prevail because they could drive their bodies at higher levels than anyone else. They knew they would eventually weaken you and that as soon as it happened, the crowd would bear witness to the most spectacular techniques ever seen. **YOURS.**

At that point, YOU will be the one who shines. You will have all the flash and your opponent will be nothing more than another body that you're mopping the floor with.

Does the idea of stomping and humiliating your competition sound good to you? I sure hope so. But just to make sure you hear me correctly, let me put

it to you this way: If you knew that every single time you stepped into the ring you were in such great shape that no one could make you tired, how much better do you think you would be? How many more risks would you take? If you had the strength and endurance to throw twice as many strikes, to execute twice as many takedowns, to slap on twice as many submissions - don't you think that YOU would be the one everyone refers to as CHAMPION?

Yes, you would. And the good news is that my best-selling *Combat Conditioning* program delivers the winning formula to make it all happen for you. The 48 incredibly effective "kick-butt and take names" exercises are done from every position and angle, giving you animalistic abilities that will **unleash a whole can of whoop ass** on anyone who comes near you.

In my office I have stacks of letters from men and women from all over the world who are in better condition and performing their chosen art better than ever before. And by following just one of the seven secret exercise programs contained in my book, these people are faster, stronger, more flexible and have an ocean of endurance. They have eliminated chronic pain in their backs and necks. They have built mountains of functional muscle and lost useless excess fat. Just read some of the praise seen below and you'll know why this program is the best in the world.

"Having used the exercises and having the people I coach and train use them, I have found these exercises to be great. Read the book and learn."

Kim Wood

Strength Coach - Cincinnati Bengals NFL

"... my strength and flexibility have never been better."

Steve Maxwell

2x Brazilian Jiu-Jitsu World Champion

*"... no other exercises increase balance, agility, functional strength and overall grappling endurance like the bodyweight calisthenics outlined in *Combat Conditioning*."*

Jason Crawford, Ph.D.

Combat Wrestling Instructor

"The results have been incredible. Whether you are a striker or a grappler or you just want to be in the best shape possible, get this book. On a scale from 1-10, I give it an 11."

Philip Ameris

7th Degree Black Belt

*"Prior to learning from Matt, I did not believe that I could improve my strength and combat skills without weight training. In each *Combat Conditioning* workout I am gaining flexibility and strength."*

Dr. Brett Jacques

National Sambo champion, author of *Street Sambo*

The people listed above represent just a tiny fraction of those who have benefited from my program. And do you know what? The number is growing by the day. What this means is that you're in danger of being totally annihilated, humiliated and embarrassed by a student of *Combat Conditioning* if you don't get my program and watch it turn you into an ass-kickin' machine. Getting mopped is no damn fun - so make sure it never happens to you.

Considering how much this book has helped so many people, you'll find the price to be a steal. 48 exercises and seven life-catapulting programs for only \$29.95 plus \$5 S&H U.S. (foreign add \$10). So run to the phone right NOW. Call **(813) 994 8267** and place your order. We'll send your book out within 24 hours.

Also, if you're one of the first 50 people to call, we'll send you a free audiobook called ***The Strangest Secret of Champion Fighters***. Call **(813) 994 8267** and order right now before this offer expires.

Or send a check or money order to Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, Florida, 33647. To order online go to **www.mattfurey.com**.

HOOKnSHOOT

Continued from page 101

tremendous heart and is always ready to throw down. Right from the get go Aaron took control of the pace, finding his range and looking to unload with his heavy hands. Willus is very schooled and knew enough to get in tight and avoid those knock-out blows. Mike would throw some punches, clinch and drop to guard. Aaron instantly took control of the ground game being smoother and much stronger. Willus managed to neutralize Riley for a while but eventually he fell prey to some solid punches that set up the arm bar finish. This was a great debut for Riley in Shooto.

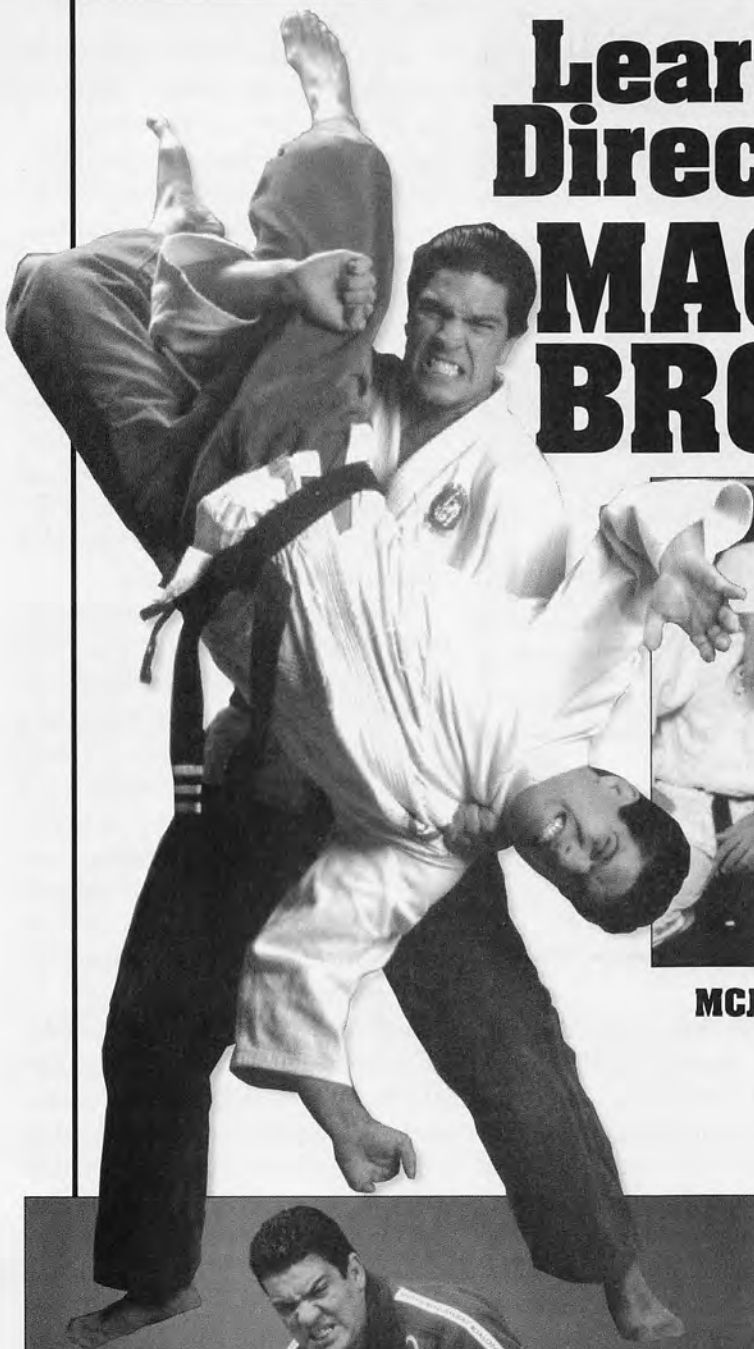
Phil Johns, Silverbacks, def. **Leigh Remedios**, Ashford Vale Tudo Club, Unanimous Decision: From the outset you could see that Remedios had the distinctive reach advantage. Throughout the match he hopped around light on his feet and wanted to strike. He was unable to put together any potent combinations, however, and Johns was able to get inside and clinch. He managed several good body throws and would work from inside Leigh's guard before it would be stood up in time for another body throw. Leigh did land a good leg kick or two but just couldn't get the range on the feet. Johns controlled the positions and the tempo of the fight by fighting from inside Remedios' guard.

After the match ended, Johns addressed the crowd. He gave his regards to HooknShoot and announced his impending retirement. He stated that he was looking forward to training fighters and bringing them up through HooknShoot. He went on to say that he has one unsettled score that haunts him and that he longs to account for. Without coming right out and saying it, he pretty much let the MMA world know that he is haunted by his loss to Fabiano Iha, pointing out that he was taken down and he can't live with that. No doubt this was a call to try and put the rematch together as a fairwell to Johns, an honorable fighting champion who always left it in the ring.

Ian Freeman, Ashford Vale Tudo Club, def. **Carlos Barreto**, Brazilian Top Team, Unanimous Decision: This was a

Continued on page 104

Learn the Art Directly from the **MACHADO BROTHERS!**



MCJ MACHADO ACADEMY LOCATIONS

- 19019 Hawthorne Blvd., #200D
Torrance, CA 90503
- 18750 Oxnard St., #403
Tarzana, CA 91356
- 977 East Colorado Blvd.
Pasadena, CA 91106
- 13720 Midway Rd. #210
Dallas, TX 75244



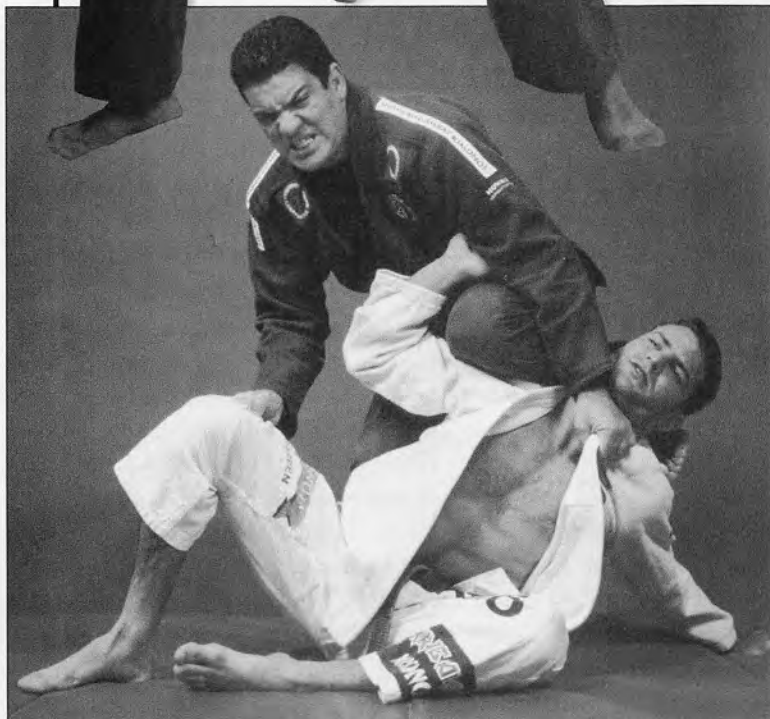
Telephone: **(310) 371-5441**

Fax: **(310) 371-6608**

E-mail:

Machados@linkonline.net

www.machadojj.com



Why & How AIKI Works!

- **IMMOBILIZE** without muscle
- **THROW** with minimal motion
- **Make your techniques SUPER-EFFICIENT!**

The Principles of Aiki

Details of what makes Aiki work from Soke Don ANGIER (Yanagi Ryu Aiki-ju-jutsu) and Shihan Tony ANNESI (Takeshin Sogo Budo.) These

groundbreaking videos were the first to introduce martial arts to the study of principles. Through the use of Aiki-ju-jutsu techniques, these two senior instructors (Angier is the most senior Aiki person in the country and Annesi has over 37 years of budo experience) explain more than 20 of the most useful principles available to the martial artist—principles which can be used in any martial art: RELAXATION, WEIGHT DROPPING, THE VOID,

CHANGING PRIORITIES, TRIANGULATION, DETAILS OF OFF-BALANCING, POTENTIAL BASE, SECTIONAL MOVEMENT, COIL TO UNCOIL, EMOTIONAL DETACHMENT, CREATING DEPENDANCY, ALLOWING THE OPPONENT TO FALL, COMMUTIVE LOCKING, THE HALF-CIRCLE, DOUBLE WEIGHTING, BACK & SECONDARY PRESSURE, YOU THINK WHERE YOU FEEL -- and more.

"Invaluable!" "The solutions to many technical problems far beyond the aiki arts!"

"A completely unique set of videos!" "ASIAN Martial Artistry with WESTERN Analysis!"

NTSC or PAL We pay Surface Shipping to the Americas or Overseas. Airmail add 20%

Call NOW! 24 hours! Voice Mail or FAX

TOLL FREE (888) 881-4007 outside US: 508 881-4007

Mention this AD, then leave Phone, Name, Address, City, State, Zip, VISA or M/C #, Exp. Date, Order or mail to: BUSHIDO-KAI BUDOYA, Div. K,

300 Eliot St., Suite 369, Ashland, Mass. [01721] USA

www.bushido-kai.net bushido-kai@pobox.com



enced Delaney.

Jim DeSouza, Amherst Submission Academy, draw, Eric Schafer, Milwaukee Jiu-Jitsu: Another very close bout, with both men landing heavy shots on the feet. On the ground, Schafer was on top, but the scrappy Desouza worked hard from there as well. In the end, this match was declared a draw.

Yohei Suzuki, Shooto, def. Victor Estrada, Freelance, Strikes, R2: Suzuki was a bit too strong and experienced for Estrada, who was game and gritty. Estrada got the takedown to stay safe and end round 1. In round 2, though, he lost the position battle as Suzuki ended it with strikes from the rear mount.

Ivan Salaverry, AMC Pankration, def. Jason Rigsby, Ottawa Nautilus, Dec: This was a stand-up dog fight from start to finish. Salaverry looked bigger and fitter, and at times he seemed to rock Rigsby with punches - but Rigsby was a pit bull, answering with slick combos that got the crowd more riled up than at any other point in the weekend! In the end, the judges gave it to Salaverry, who looked great! No one will forget Rigsby's performance either.

Anthony Hamlet, Olympia Elite, def. Jeff Curran, Pedro Sauer Jiu-Jitsu, KO, 0:10 R1: A 10 second stunner! Curran, a phenomenal fighter, came in looking to set a fast pace throwing punches. Hamlet swept in for a takedown and scooped Curran off the mat for a slam that took the wind out of Curran. From side control, Hamlet ended the match with strikes for the KO finish. Afterwards, Hamlet dedicated the win to the family of Eric Davis, a 26-year-old fan of the sport who succumbed to cancer. A very classy champion!

Scott Henze, Freelance, def. Angelo Popofski, Caique Jiu-Jitsu, Strikes, R1: Indiana native Scott Henze topped the Sunday card off by getting back on the winning track. In HooknShoot fashion, Henze was called upon to do a tough fight as a comeback, and Popofski came to fight. He put Henze in danger several times with leg locks, but in the end, Henze's onslaught was too much as he ended it with strikes from the mount. In an emotional end to the weekend, Henze dedi-

Continued on page 106

HOOKnSHOOT

Continued from page 102

battle of giants. Two men fighting for the Super Heavyweight Title and to re-establish their careers. It started out slow with a feeling out stage, then BOOM! - Freeman landed a straight shot that put Carlos on his back. Ian eventually backed off and let Barreto back up. The Brazilian closed the distance and clinched Freeman, backing him into the corner. The grappled there for a while until the round ended. In round two Carlos was looking tired. He tried desperately to get the takedown, shooting in deep and low. Ian would sprawl and unload on the break landing some big shots. Carlos was bleeding pretty bad and would roll to his back defensively. Ian would then simply back up and wait for the referee to stand it back up. Carlos continued to shoot and Freeman continued to sprawl and punch. During one shoot Freeman landed a brutal knee that hit with a sickening thud. The side of Barreto's face swelled up to nearly twice its normal size. The round ended with Carlos

in bad shape. However, coming out in the third round he seemed to get a second wind. He went on the attack throwing punches and kicks and attempting more takedowns. It was all for naught, though, as Freeman avoided any trouble and Carlos again found himself rolling out to his back. He proceeded to invite Ian to join him on the mat but the Englishman would have none of it. The referee had to be insistent in order to get Barreto back to his feet. Carlos finally succeeded in taking Freeman down but it was too little, too late. Carlos was too tired to do anything with it and Freeman went on to an easy decision. It will be interesting to see how this performance will play into Freeman's career.

Day 2

Mike Delaney, Freelance, draw, Don Richard, Caique JJ: A hard hitting battle of heavyweights where both men set a high pace and never looked back! It was Richard's debut, so he deserves credit for getting the draw against the more experi-

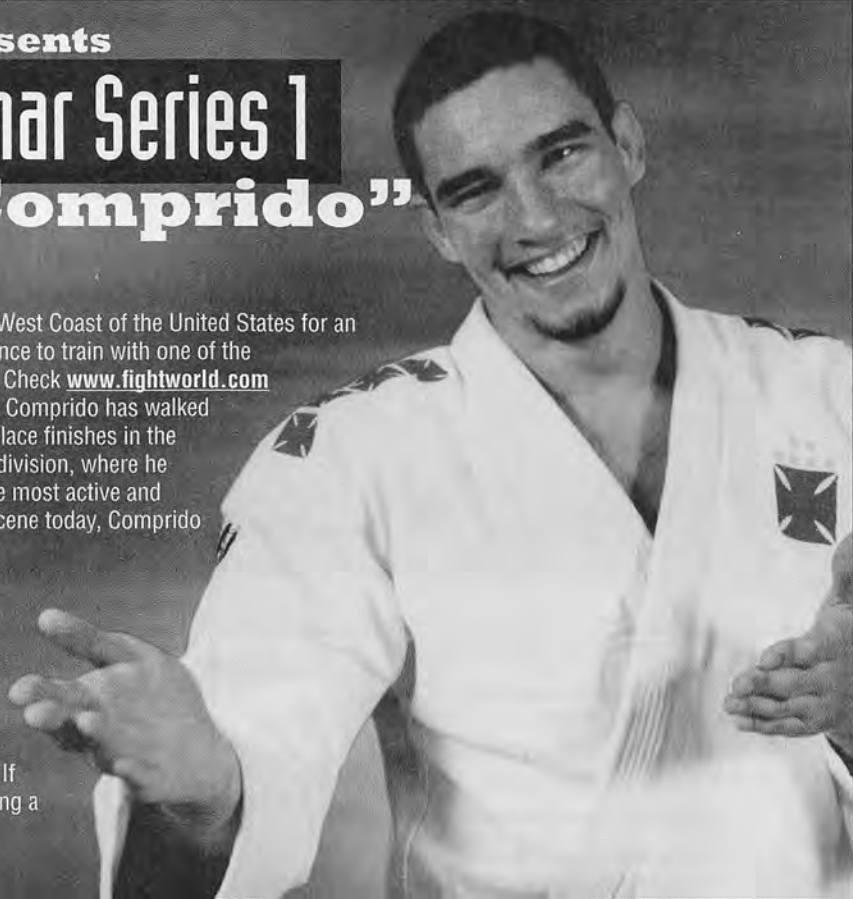
Fightworld.com Presents

Black Belt Seminar Series 1

Rodrigo "Comprido" Medeiros

Rodrigo "Comprido" Medeiros is coming to the West Coast of the United States for an exclusive series of seminars. Don't miss the chance to train with one of the Brazilian jiu-jitsu's most accomplished warriors! Check www.fightworld.com for the location nearest you. For the last 3 years, Comprido has walked away from the World Championships with first place finishes in the black belt division. His specialty is the Absolute division, where he won back-to-back titles in 1999-2000. One of the most active and explosive competitors on the Brazilian jiu-jitsu scene today, Comprido is truly one of the world's elite.

Comprido has spent his most of his adult life surrounded by the most advanced jiu-jitsu practitioners and teachers in Rio de Janeiro. Comprido has a cerebral style that translates easily to teaching. He recently completed a stint as a guest instructor at the prestigious Abu Dhabi Combat Club, where his skills as a teacher impressed even Sheik Tahnoon himself! If you have an academy and are interested in hosting a seminar contact migueli@pa.net or visit www.fightworld.com. Don't miss out!



Inside Martial Arts Video Magazine

The Ultimate in Martial Arts Coverage on Video!

The publishers of **INSIDE KUNG-FU**, **MARTIAL ARTS AND COMBAT SPORTS** and **GRAPPLING** now bring you the ultimate in martial arts coverage on **HOME VIDEO**!

In our first edition, our hosts, legendary martial artists June Castro and James Lew welcome four of today's most prominent instructors. First, Muay Thai champion Walter "the Sleeper" Michalowski demonstrates Muay Thai self-defense techniques geared toward the street. Next, Steve Tarani, professional law enforcement lecturer, reveals edged weapons defenses from his famed program, "The Naked Edge." Then Tae Kwon Do instructor Paul Kim offers sure-fire tips for keeping kids' classes interesting. Finally, Hong Kong trained Wing Chun master Alan Lamb shares the secrets of Combat Wing Chun!

Only \$24.95

Special Subscriber's

Price: \$19.95

All orders add \$4.50 ship. & hand.
Calif. residents add 8.25% sales tax

UP
VIDEO

To Order Call:

1(800) 332-3330 • fax: 1(818) 845-7761
4201 Vanowen Place, Burbank, CA 91505

PREMIERE ISSUE!

Hosted by
June Castro
& James Lew



THE BEST MARTIAL ARTS VIDEOS AT THE BEST PRICES!



In Business Since 1994

Visit our
website at
blacknbluevideo.com
for complete selection
of videos!

NUNCHAKU

Guaranteed Never Seen Before Techniques on Every Tape!
Each Tape **Over 1 Hour Long!**
\$59.95 each + S&H or ALL 4 for \$199.95

TOURNAMENTS

Each VOLUME consists of 3 Tapes
Tournament Fighting • Demonstrations • Forms & Weapons

VOLUME 1 • Best of 1994-96
VOLUME 2 • Best of 1997
VOLUME 3 • Best of 1998
**\$15.00 each Tape + S&H
or ANY 3 Tapes for \$34.95**

VOLUME 4 • Best of 1999
VOLUME 5 • Best of 2000
**\$19.95 each Tape + S&H
or ANY 3 Tapes for \$49.95**

INSTRUCTIONAL

David Douglas

David shows you how to do it all!
540's, 720's, butterfly twists and
everything in-between.

Casey Marks

In "Dynamic Bo Staff" Casey breaks
down the basics. "Bo Drills" shows
you drills to improve your speed,
timing, power and control.

Michael Chanturantabut

Learn to Master the Kama from a
7-time National Champion.
Step-by-step instruction on this
unbelievable 60 minute workout.

Jimmy Pham

Jimmy will show you how
to create a winning open form/kata
in "How to Create a Winning Form"

\$34.95 each + S&H

If It Will Help You Win, Then We Have It!

www.blacknbluevideo.com

Prices subject to change without notice.



Black & Blue Production, Inc.

1-800-711-9403

5561 Arlington Road • Jacksonville, FL 32211

PLEASE INCLUDE 16 S&H on 1st Tape • *3 Each Additional Tape • *80 Out of Continental U.S. • FL Residents Add 7% Sales Tax

HOOKnSHOOT

Continued from page 104

cated the performance and the weekend to the real fighters, our U.S. armed forces.

With the "Kings" show, HnS promoter Jeff Osborne once again proved that HooknShoot is the premier Midwest mixed martial arts show, and one of the best shows in the entire world. With its solid connection to Shooto and its inclusion of top international fighters, HooknShoot sets new standards with every show and continues to draw more attention to itself. Don't be surprised if the next HooknShoot event is their "best ever!"

NO-HOLDS-BARRED

Continued from page 20

cut off, she confirmed. Thus, that 40,000 figure and the gross revenue of \$1,198,000 could be higher - or even lower.

While UFC officials argued that these estimated figures for UFC 33 were premature, if the 40,000 number proves to be anywhere even close to accurate, it was another severe blow to UFC. On several occasions, UFC president Dana White had said they needed 100,000 buys to break even on UFC 33. The low number of buys and the refund battle thus made UFC 33 one of the worst disasters for this organization, and a huge setback on its road to ever becoming anything other than a bottomless money pit. Furthermore, cable industry insiders for UFC 34, although declining to be identified, have pegged the preliminary buy number at around 42,000.

This shows that outside of a small, dedicated, hardcore fan base, few feel passionate about the UFC. The original belief was that, unlike SEG, the previous owners, Zuffa would begin marketing the fighters. This was viewed by many as being key to sparking interest in the sport, as a sport. Instead, the main attention continues to be to market the UFC as an event, with shows named "UFC High Voltage," "UFC Throwdown," and other cartoonish labels.

Contrast this to boxing, where the promoters emphasize the clash of top-ranked fighters, such as Bernard Hopkins vs. Tito Trinidad, Lennox Lewis vs. Hasim Rahman, Kostya Tszyu vs. Zab Judah, etc. Few can remember or care if the two Randy Couture vs. Pedro Rizzo fights were in "UFC High Voltage," or some other forgettable name, for these unforgettable fights. Yet that is where Zuffa places its emphasis, on a simplistic and superficial presentation.

During a contract dispute with UFC heavyweight champion Randy Couture, Zuffa airbrushed him out of some advertisements. Randy Couture could be the poster boy for mixed martial arts. An army veteran, All-American wrestler, and family man, he could be mixed martial arts' Peyton Manning, Cal Ripken, or Steve Young. Yet how on earth can fans get worked up about a fight and a title if the promoters fail to push their own heavyweight champion?

Fans get passionate about fights because of the fighters involved, the history, the personalities, the issues at stake. The earlier promoters had Royce Gracie, Ken Shamrock, Tank Abbott, and other fighters who aroused the passions of many. Zuffa has proved unsuccessful in creating any stars marketable to an audience broader than that small, Internet-based niche

Continued on page 108

Available Now!

The Revolutionary Motion Master Ground Bag

A must-have piece of equipment for any no-holds-barred or submission fighter. Develop power, technique, agility, and endurance without a training partner! Endorsed and developed by Erik Paulson, Light Heavyweight World Shooto Champion for 5 years running! The first American to fight in Japanese Shooto, win, and bring home their belt! Let Erik Paulson show you how to become a champion with the revolutionary Motion Master Ground Bag! The Motion Master performance package includes an exclusive one-hour companion training video showing all the drills you need to kick butt! Order Today! Available exclusively at www.erikpaulson.com.

Ancient Warrior Productions Presents:

ANCIENT WARRIOR VIDEOS

**The best in
Martial Arts Masters
Videos, Books and more!**

with links to Magazines, Articles & Supplies

Featuring original true stories

by: DAN IVAN

AncientWarriorVideos.Com

Living Legends!

*Weapons!
Exotic Arts!*

group numbering in the hundreds, which they seem to regard as final arbiters of what their product should be. It is the sports media that should be the focus of Zuffa's marketing effort. Instead, Zuffa has been rummaging through the centerfolds for available "spokespeople." They found another one there recently, but also failed to get much coverage among boxing and newspaper sportswriters, many of whom refused to cover this event.

Zuffa also showed its immaturity in dealing with the media in its attack on those of us who merely reported the Showtime estimate for the pay-per-view figures for UFC 33. UFC president Dana White complained to Maxfighting.com in a recent interview, "There are reporters out there who are reporting our numbers, which is totally irresponsible." For White, writing about a public report that was available on the PRNewswire and all over the Internet is considered "irresponsible." Ratings of all television shows are reported everywhere. But perhaps Zuffa thinks they are guarding the positions of the U.S. anti-terrorist special forces.

This attitude comes from a company not used to any media coverage, and that cannot handle reporting of the truth, good or bad. That is a bad sign, as the media must be relied upon to get the story of their fighters out to the public. That cannot be done on pay-per-view shows, or through the fan-based Internet websites alone. Tell the legitimate print media not to report the truth and they will either tell you to take a hike or go after you

with a vengeance. Listen to the comments of noted boxing columnist Dean Jupe of the Las Vegas Sun in his Nov. 2 piece: "Boxing is something of an ancient sport and has at least a recognizable structure and merits a certain level of coverage, while the proliferation of mixed martial arts events is befuddling at best and downright confusing given their diversity and splintered proponents."

In other words, the structure of mixed martial arts emphasizes the promotion first: UFC, Pride, WFA, IFC, UCC, Extreme Challenge, Extreme Cagefighting, Reality Superfighting, ad nauseam. What is this structure deliberately patterned after? Where else are there rival, stand-alone promotions with their own champions, structure, and television production? Only one place: professional "wrestling." And while that business in the U.S. has to a degree devolved into a WWF monopoly, it was there that this structure took hold. It should thus come as little surprise that Jupe concludes about mixed martial arts, "It still has some convincing to do, and, thus far, the mainstream media would rather lump it in with pro wrestling and ignore it in spite of its widening appeal."

Where is there even discussion of such issues as the structure of MMA? Who has the guts to tell the MMA emperors that they have no clothes? And why is that silence so deafening? UFC may have passed the litmus tests of the most respected athletic commissions, but it has not excited enough of a fan base to be anything other than a financial drain as of now. That is proving far tougher than drawing up rules to satisfy the commissions. And if the MMA media outside of *Grappling* magazine refuses to discuss such issues, much less even acknowledge them, for fear that some promoter might get offended, then this sport is indeed fated to remain a minor, fringe operation at best, or to end up in a grave next to the XFL at worst.

CATCH OF THE DAY
Continued from page 8

after he would show me a technique that blew the barn doors off anything I had ever seen, he was still working on another detail to make it more devastating.

It's funny how everyone I have ever met, other than Karl, has never questioned even the most basic of submissions and how they are taught and performed. And yes, I might as well start right out with the classic arm bar done from a 90-degree angle. Think about this for a second: Why is it that everyone thinks it is good technique to pull the arm into your groin? Maybe I should say it even more bluntly. Why pull it into your friggin' groin? Why is it that so many still don't see and feel something seriously wrong with a technique that requires you to strap on a plastic athletic support before practice?

An arm bar that goes into the testicles is a flawed arm-bar; and I don't care who told you differently and how offended you may be by my contention. Putting an elbow into your family jewels to submit a guy is like poking yourself in the eye before throwing a punch. Sure, you may still hit the guy and knock him cold, but did you really need to make yourself uncomfortable in the process? I don't think so.

Today, for a change a pace, stand outside the box and picture

Continued on page 110



ShowNoPity.com

MMA T-Shirts, DVD's, Videos

Visa, MasterCard, PayPal, Check,
and Money Order Accepted

www.shownopity.com mike@shownopity.com 408-250-8095

THE PREMIERE CLINIC



ATHLETES • CHRONIC PAIN POST TRAUMA INJURIES

HEALTH INSURANCE • WORK • AUTO ACCIDENTS

STAFF —

Dr. Patrick D. Fowler
D.C., Q.M.E., C.C.S.P.
Clinical Director

Dr. David C. Shaffer
D.C.
Senior Staff Doctor

Dr. Michael Campbell
D.C.
Staff Doctor

- Spine
- Shoulder
- Hip
- Knee
- Elbow
- Ankle/Foot
- Wrist/Hand
- Chronic Pain Syndromes
- Arthritic Disorders
- Post-Operative Rehabilitation

CALL

(310) 798-8777

FAX (310) 798-8783

403 N. Pacific Coast Hwy., Suite 200
Redondo Beach, CA 90277



www.thepremiereclinic.com

LEECHILD INNOVATIONS INC. PROUDLY INTRODUCES

THE NEW ULTIMATE WARRIOR

Four can train simultaneously

Super durable
water fillable

ONE OF A KIND



WALL MOUNT
WARRIOR
\$599



PHASE TWO
WARRIOR
\$799



PHASE THREE
WARRIOR
\$899

COMPLETELY
FREE STANDING

GUARANTEED AGAINST BREAKAGE



LEE
STYLE
6' tall



PHASE ONE
WARRIOR
\$699
WING
CHUN
5' 6"



PHASE
FOUR
\$999

"These are the best and most versatile
dummies I've ever used."

SIFU PAUL VUNAK

"Absolutely wonderful product. A+"

GURU DAN INOSANTO

"Bruce Lee would have loved them."

GURU LARRY HARTSELL

"Ideal for traditional as well as
more modern martial arts."

SIFU TED WONG

"After training on The Warrior, I stopped selling my
own and decided to make them the official dummy
of my organization."

SIFU LAMAR DAVIS

THE WARRIOR™

All models available in
Lee or Wing Chun style

Customised PVC Body covered with muscle
density padding & Top Gun Marine Polyester
Top Quality Hardwood Arms & Leg Jet black
Arms also available in red mahogany stain
Free Standing Models assemble & disassemble
for easy roll away storage in under one minute

THE RODMAN mount one anywhere
Flexible Removable rods
spring right back
from board breaking blows.

\$149

Demo Video FREE with any purchase

TO ORDER CALL 416-698-3130

FAX 416-694-2878

E-Mail info@thewarrior.com

MAIL Circle item(s) wanted, include cert. check or
money order, shipping address and phone number(s)
Send To: Leechild Innovations Inc. 244 Woodbine Ave.
Toronto, Ontario, Canada. M4L3P2



View our entire Warrior/Rodman family at
WWW.THEWARRIOR.COM

All prices in US. Funds, and include (S & H) anywhere in continental North America. Canadian residents add applicable taxes. Overseas and express additional (S & H)

North America's Official
Hunter Sportswear Importer

HUNTER



- World's Finest Kimonos from Brazil
- Fight Shorts
- Grappling Tops
- Gear Bags
- Shirts & Tank Tops
- Sports Wear

hunterfightshorts.com

Call for free catalog or to place an order

1-800-375-6811



CATCH OF THE DAY
Continued from page 108

yourself pulling an arm bar across your crotch, then lifting your butt off the mat to get the tap. Can you see something else wrong with this picture? Something else that could be improved? Well, how about asking the following question to yourself to see what you come up with: What is wrong with your leverage if you need to lift your rear several inches off the ground to get the tap?

This is an arrogant, unthinkable and offensive question, isn't it? But those who ask shall receive. If you never ask the unthinkable questions, you'll never learn anything beyond what your instructor taught you. Not only that, but if you don't ask these type of questions, whether you realize it or not, you are looking upon your instructor as an infallible technician.

The contrarian in me refuses to bow down to conventional standards and practices. I have learned far more from thinking outside the box than I ever did thinking inside of it. In fact, I can safely say that thinking inside the box isn't thinking at all. It's simply memorization. And that's fine for parrots - but for a human being, it's a horrible waste of ability. So don't be afraid to question what you've learned. If you open your brain and ask the unthinkable questions, you'll find dozens of ways to improve your performance.

Now take that athletic cup off and think of a better way to do that arm bar.

Matt Furey is the author of Combat Conditioning and Combat Abs. Each book is available for \$29.95 plus \$5 S&H by calling 813-994-8267. Or you can order online at www.mattfurey.com.

ART OF WAR
Continued from page 14

sport, getting back on cable, and pumping up the show's production values to a superb level.

But industry insiders are shaking their heads about the PPV TV numbers the "new" UFC pulled on their first two shows on iNDEMAND. The unofficial word is they attracted approximately 40,000 subscribers (subs) for their September show (UFC 33) and even less for the November show (UFC 34). By comparison UFC 1 pulled 86,592 and UFC 2 attracted 125,732 subs. The September 2001 show also ran over the allotted time on PPV. Angry viewers therefore didn't get to see the end of the Ortiz-Matyushenko main event. Zuffa spent an unprecedented amount of money to promote and produce these two broadcasts - so what went wrong?

Well, it's difficult to make a live television broadcast go according to schedule. We ran over our three-hour time limit in UFC 4 and 7. These were tournaments, however, which are very difficult to time manage. By the way, this is one of the main reasons you don't see tournaments anymore on PPV. The rule on PPV TV is that if it's live, it's got to fit into the time slot. If it runs over, it's the promoters fault and PPV goes to the next

Continued on page 114

Olympic Coach &
World Champion
teaches techniques
to make you a
superior instructor
or competitor.

BART VALE
PRESENTS
THE OFFICIAL ISFA
SHOOTFIGHTING®
INSTRUCTOR'S VIDEO COURSE

Submission from any position



"To be the best, train with the best! I highly recommend this 5 tape series."
—"JUDO" GENE LEBELL

Certificate of Completion Available

Order now and receive a **free ISFA** membership with your payment of \$249.00 (shipping and handling included)

To order by phone use your Visa or MasterCard
or send check or money order payable to:

International Shootfighting® Association

6469 SW 8 St. Miami, FL 33144

<http://www.shootfighting.com>

(305) 266-1601

MUAY THAI

90 minutes of action-packed bouts filled with flying fists, feet and knees!

MUAY THAI or Thai Boxing has always been considered the "King of the Ring"! Already playing to packed houses throughout Asia and Europe, Muay Thai is poised to explode in the United States. VUT Promotions has cultivated a growing stable of awesome fighters in Southern California, the hotbed of Muay Thai in America. Now is your chance to witness this dynamic sport in action!

VHS \$19.95 each Plus \$5 shipping



Send cashier's check or moneyorder to:
VUT PROMOTIONS
5411 Russell Ave., #12, L.A., CA 90027
(Include \$5 Shipping per tape. CA res. add 8.25% tax)
Tel./Fax:

(323) 962-5230



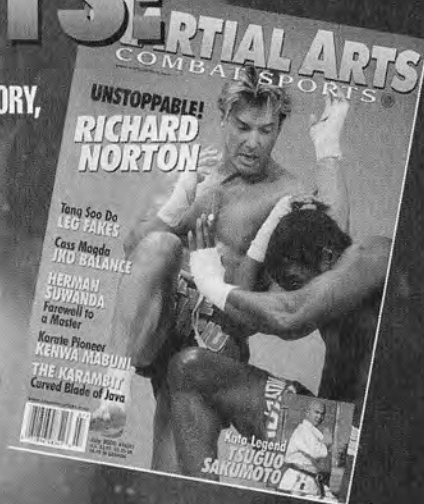
ENTER THE WORLD OF MARTIAL ARTS!

LEARN FROM THE LEGENDS! THEIR TRAINING SECRETS, HISTORY, PHILOSOPHY, AND STEP-BY-STEP FIGHTING TECHNIQUES—THEIR SECRETS FOR WINNING!

INSIDE KUNG-FU
(12 ISSUES: \$29.00)

MARTIAL ARTS & COMBAT SPORTS
(12 ISSUES: \$29.00)

CALL TOLL-FREE!
1-800-877-5528

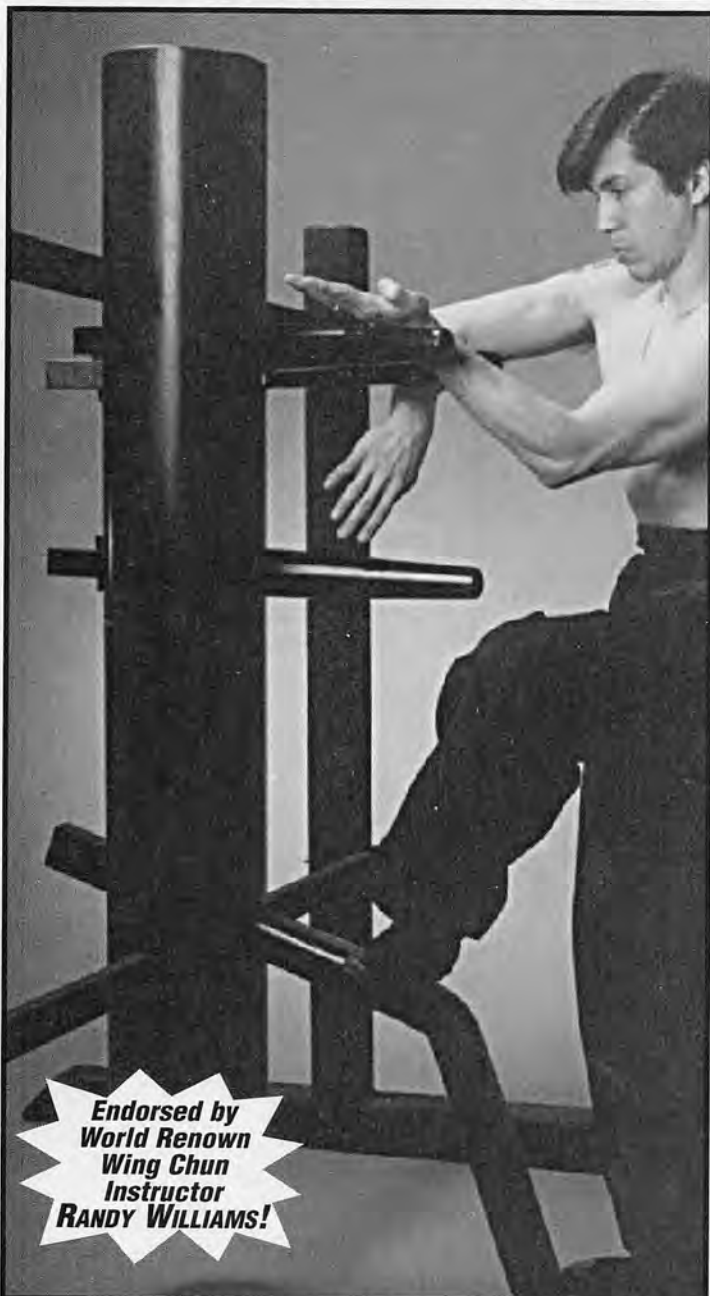


This rate is limited to the United States and its possessions. Canada and elsewhere add \$10.00 per subscription per year.

U.S. Funds/U.S. Banks only. Visa and Mastercard accepted.

Send to: C.F.W. Enterprises, ATTN: INSIDE KUNG-FU OR MARTIAL ARTS & COMBAT SPORTS
P.O. Box 461621, Escondido, California 92046

I&I SPORTS... SUPPLIER TO THE MARTIAL ARTS MASTERS!



**Endorsed by
World Renown
Wing Chun
Instructor
RANDY WILLIAMS!**

TRADITIONAL WING CHUN DUMMY

'GUARANTEED AGAINST BREAKAGE!'

Laminated hardwood body & limbs. Black lacquer finish.

#PO8000A List: \$1200 **\$895**

(Add \$55 for shipping/handling. Frame & stand not included.)

#PO8043A WING CHUN DUMMY WALL BRACKET . **\$199.95**

#PO8040A WING CHUN DUMMY STAND (Add \$40 S/H) . . . **\$295**

#PO8010A WING CHUN STRIKING PAD **\$29.95**



I&I SPORTS

MARTIAL ARTS SUPPLIES & ACCESSORIES

310.715.6800

Visa • MasterCard • American Express • Discover

ESCRIMA STICKS

WE ARE THE WORLD'S LARGEST SUPPLIER!

All sticks are 28" long and 7/8"-1" thick. Sets come with a drawstring case.



PADDED ESCRIMA STICK

Foam over plastic core. 1.25" thick.
#WF0030A **\$4.95/each**

PLAIN RATTAN

Strongest natural rattan.
#WF0330A **\$5.95/each**

SHORT HARDWOOD

Nitestick-style knurled handle. 24"x1.25".
#WF0930A **SALE: \$4.50/each**

COMBAT RATTAN SET

Burned design with skin.
#WF0630P **\$19.95/set**

FILIPINO RATTAN SET

Multi-node with carvings. Very light.
#WF0430P **\$25/set**

FILIPINO BAHÍ SET

Rare marbled hardwood.
#WF1330A **\$49.95/set**

FILIPINO KAMAGONG SET

Ironwood, extremely heavy & dense!
#WF1430A **\$85/set**

COMPOSITE SET

Dense polymer, virtually unbreakable!
#WF1530A **\$49.95/set**

FILIPINO MOLAVE SET

Beige mediumweight hardwood.
#WF1830A **\$45/set**

'COCOBOLO' SET

Man-made (Lapocho). Looks & feels like Cocobolo! #WF1630A **\$45/set**



I.M.B. ACADEMY VIDEOS

Features Richard Bustillo, world renown martial artist!

Vol. 1: Boxing #VO2511A

Vol. 2: Kali #VO2521A

Vol. 3: Muay Thai #VO2531A

\$38.00/each \$99.00/set

WING CHUN GUNG FU TEXTBOOKS

by Randy Williams

The most comprehensive series available! 8 x 11.5". Hundreds of photos & diagrams.

Each over 200 pages. #BO7000A

Vol. 1: Siu Leem Tau & Basic Theory

Vol. 2: Chum Kiu & Footwork

Vol. 3: Mook Yan Joang & Mui Fa Joang

Vol. 4: Biu Jee & Sticky Hands

Vol. 5: Weapons & Iron Palm

Vol. 6: Combat Theory & Drills: Instructor's Manual

WING CHUNG DUMMY

MOVEMENTS POSTER . . . **\$12.95**

CLOTHING

THE OFFICIAL JKD T-SHIRT

Originally designed by Bruce for the exclusive use of his students. JKD colors on a heavy black T-shirt.

Sizes: S, M, L or XL. #AT0100A ... **\$10.00**



KALI ESCRIMA T-SHIRT

Embroidered 2 color design on a heavy black t-shirt.

Sizes: M, L or XL.

#AT0700A **SALE! \$12.95**

TRADITIONAL JKD EMBLEM T-SHIRT or HAT

2-color embroidery on heavy black t-shirt. Sizes: S, M, L or XL. #AT0600A..... **\$12.95**



HAT #AC0100A **\$7.95**

WING CHUN WOODEN DUMMY TECHNIQUES

by Randy Williams, renown Wing Chun master

Vol. 1 - 5-Star Blocking Drill, Fist Parries, Straight Punch, Invisible Kick & more! #VU0421A

Vol. 2 - Lop Sau/Fon Sau Switch, Rolling Hands, Triple Uppercut & more!

#VU0431A **30% OFF**
List: \$39.95 each ... **SALE: \$59.95/set**

ORDER TODAY! CALL 310-715-6800.

VIDEOS

No Exchanges unless defective (for same tape only).
No Returns after 10 days. Tapes 1 hour long unless noted.



BRUCE LEE'S JKD

Never before published home footage of Bruce training! Plus, narration by Bruce! The last footage of Bruce in action!

#VL5051A **\$39.95**



GRAPPLING UNLIMITED VIDEOS

by Egan Inoue, Hawaii's top non-Brazilian Jiu-Jitsu Champion

The Guard - Maintaining control from the guard & how to escape! #VU1841A

The Side Position - Controlling your opponent & all escape options! #VU1851A

The Mount - Best offensive & defensive moves from the dominant position! #VU1861A List: \$39.95 each **30% off!**

SALE: \$29.95 each\$85/set

KIKSKIN



KIKSKIN JIU-JITSU GI

#1 Brazilian-style competition uniforms. Worn by top fighters including Ralph Gracie! Sizes: 3-6.

Single Weave

#UJ1000A List: \$89.95 ... **I&I: \$79.95**

Double Weave

#UJ1100A List: \$179.95 **I&I: \$144.95**

VISIT US ON THE WEB

I&I SPORTS
Online
www.iisports.com

EQUIPMENT

FREESTANDING BAG HOLDER

Holds a punching bag & a speed bag!
Heavy duty all-steel construction.
Made in U.S.

#PQ9200A

UPS Shipping\$85

SALE!
\$199.95



JIU JITSU EAR GARDS

U.S. made. One size.
Black.

#PS2500A **\$17.50**

I&I SPORTS FREESTANDING TRAINING BAG

No mounting required! This is no kids bag! Traditionally stuffed & weighted so you can employ full-power punches & kicks (can be filled with additional weight if desired) 68" tall. Weight: 135 lbs. Lifetime warranty. #PB4000A



NEW!
I&I: \$395
(add: \$55 S/H)

IRONWOOD BOKKEN



Imported from the Orient! Extremely dense & heavy. 41" long. Approx. 2 lb. Limited Quantity. Sold elsewhere for up to \$100!
#WJ0543A **SALE! \$49.95**

IRONWOOD SHOTO #WJ0424A. . . \$45

SPEED BALL

Develops pin-point accuracy & quick reactions! Similar to a Top & Bottom Bag but smaller & more elusive! Solid 4" foam rubber ball with a variable tension cord, instructions & mounting hardware.

#PB2000A **\$8.95**

FIGHTING MAN DUMMY

'THE HUMAN-LIKE BAG!'

Over 6 feet tall complete with head, nose, chin, feet and hands which can hold weapons. Offers the most realistic training possible! Manufactured in the U.S. One year warranty. Weight: 90-110 lbs. (Man Dummy is shipped in two pieces.) #PM1000A

I&I: \$389.95*

*Add \$55 S/H.

Fighting Man Dummy
Introduction Video **\$9.95**



Full Power Training! With the...

GRAPPLING MAN DUMMY®

'You can't develop Full Power without training Full Power!'

- The Best Partner for Combat Jiu-Jitsu & Judo!
- Practice Full Power Techniques!
- Used & Endorsed by Noted Instructors!
- Made in the U.S. of 1000 denier Cordura!
- Guaranteed for 5 Full Years! UPS Shipable!
- Height: 6' 2" Weight: 150+ lbs.

#PM1002A

*Add \$55 for UPS shipping in Continental U.S.

Prices subject to change without notice. Not responsible for errors or omissions. I&I Sports Supply Co., Inc. reserves the right to make product changes and/or improvements which may not be reflected in the product description.

*I&I Sports is not owned, operated or financially affiliated with Daniel Inosanto, Paul Inosanto, Inosanto Academy Ltd., or the Inosanto Academy of Martial Arts.

Send Payment to our 'Mail Order/Will Call Office':

I&I SPORTS
MARTIAL ARTS SUPPLIES & ACCESSORIES

19751 S. Figueroa Street • Carson • CA 90745

Tel: (310) 715-6800 Fax: (310) 715-6822 Outside CA Fax: (800) 815-6822

Name _____ Phone (____) _____

Address _____

City _____ State _____ Zip _____

Qty.	Item #	Description	Cost	Total

DEALERS INQUIRIES WELCOME!

Ordering by Phone:

- Open 7 days a week from 8 AM to 8 PM Pacific Time.
- Charge by your Visa, MasterCard, American Express or DiscoverCard. Minimum order is \$20.00

Ordering by Mail:

- Money order & Cashier's check orders are shipped immediately.
- Personal Check orders may be held for 3 weeks.
- Do not send cash thru the mail.
- No minimum order required.

Shipping:

Surface UPS or Parcel Post
All orders Less than \$100 add \$8.50
U.S. Priority, Insured Mail (2-3 work days) min. \$11.00
UPS BLUE AIR (2 work days) min. \$15.00
Hawaii min. \$25.00
UPS RED AIR (1 work day) min. \$39.50
SATURDAY DELIVERY min. \$54.50
Additional for HI, AK, PR & Heavy Items.
Foreign orders.....CALL!

Prices subject to change without notice. Not responsible for errors or omissions. I&I Sports Supply Co., Inc. reserves the right to make product changes and/or improvements which may not be reflected in the product description.

Signature _____ Date of Birth _____
I certify that I have checked the legitimacy of these items in my area, am of the legal age to purchase these items and relieve I & I Sports Supply Co., Inc. of any and all responsibility.

Visit Our Stores!

West Los Angeles (310) 444-9988 • SOUTH BAY MEGA STORE! (310) 715-6800
Puente Hills (626) 810-5523 • Los Gatos (408) 358-9774 • San Jose (408) 224-6800



David Adv — www.armlock.com/royler.html
 ROYLER GRACIE USA
 Bridgewater, NJ 908-672-1211

Louis Vintaloro — www.armlock.com
 PERFORMANCE BRAZILIAN JIU JITSU
 Emerson, NJ 201-225-0000

Armando Basulto — www.wayofnoway.com
 BASULTO ACADEMY OF DEFENSE
 North Bergen, NJ 201-692-0746

Rosendo Diaz — www.moderncombat.com
 MODERN COMBAT ACADEMY
 Lansdale, PA 215-855-1189

ART OF WAR

Continued from page 110

scheduled broadcast. With a straight bout format, Zuffa should've had no problems.

Running overtime was an inexcusable error on their part - and a costly one considering this was their inaugural event on iDEMAND. Viewers demand and get a refund when this happens from their cable company. In Las Vegas, subscribers were receiving an automatic five dollar discount on the UFC 33 show, even before they complained to their local cable provider. There's really no excuse for a professional PPV TV fight broad-

"I can tell you it's a lot easier to get people to change their brands than it is to change their habits! And the habit we have to break is boxing, wrestling, football, auto racing, et cetera - you get the picture!"

cast, featuring individual bouts, to run overtime. Bad marks for Zuffa here!

Ultimately the blame must be put at the feet of the Fertitta brothers. They have to accept criticism as well as praise for what they have done. They got the sport on its feet again, but they seem to have stumbled a bit now. Part of the problem is not completely under their control. It's an uphill battle for everyone when MMA must be marketed as a sport and not a spectacle. It's going to be a long and costly campaign to educate the market. As a former advertising man, I can tell you it's a lot easier to get people to change their brands than it is to change their habits! And the habit we have to break is boxing, wrestling, football, auto racing, et cetera - you get the picture! The relatively low buy rate for both shows is partly due to the fact that it's going to be a long, costly battle to build the UFC as a sport.

Another key element for MMA success on PPV is good matchmaking. I know we had it in the "old" UFC because the high buy-rate numbers support that conclusion - the proof is in the pudding! As booker/matchmaker for the "old" UFC, I take credit for bringing Gracie, Shamrock, Kimo, Severn, Tank, Frye, Taktarov, and Ruas to PPV in matches that were the peak of MMA excitement - these colorful fighters attracted the imagination and emotion of the fans and caused a nationwide buzz. UFC 33, by comparison, was 'dised by fans and sportswriters alike for lacking action and excitement - the only buzz it caused was the "buzz" of loud snoring! The Las Vegas Review Journal, the next day (9/29/01), blasted the show with comments like, "bland evening," "a bad series of fights," and "action fleeting." This was another costly mistake for the Fertitta brothers. But this is a mistake they can correct.

Lorenzo Fertitta made the decision early on to hire Joe Silva as "Vice-President of Talent Relations," a euphemism for matchmaker if I ever heard one. Who is Joe Silva? Well, he was an MMA Internet groupie who Campbell McLaren of SEG brought to the old shows. Campbell had been chatting online

Continued on page 116

RUAS VALE TUDO!

Brazilian Mixed Martial Arts

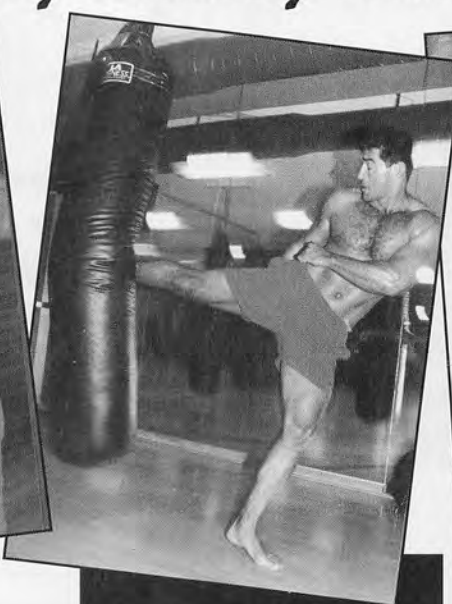


MEN'S RVT

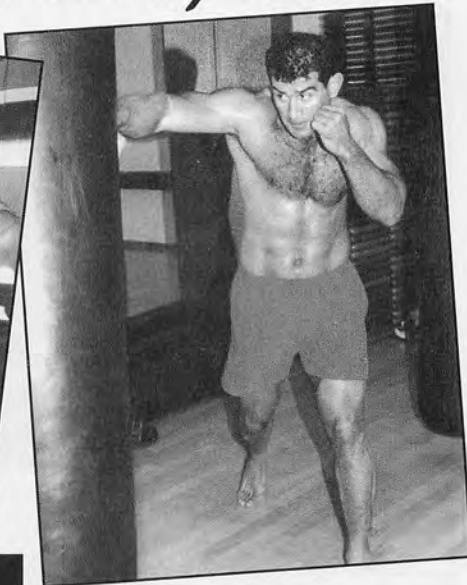
Get ready for an
"Unbelievable Work Out!"

Learn the unique
fighting techniques of
Laguna Niguel's own
World Champion

MARCO RUAS



- BOXING
- JU JITSU
- WRESTLING
- MUAY THAI
- KICK BOXING
- SUBMISSION HOLDS



Receive Intensive
Fitness Training,
Skill, Knowledge,
Excellent Technique,
Stamina, Strength
and Endurance!

"It's Unbelievable!"

JOIN OUR MEN'S RVT CLASSES

INTERMEDIATE TO ADVANCED: Monday, Wednesday, Friday at 6:00 pm

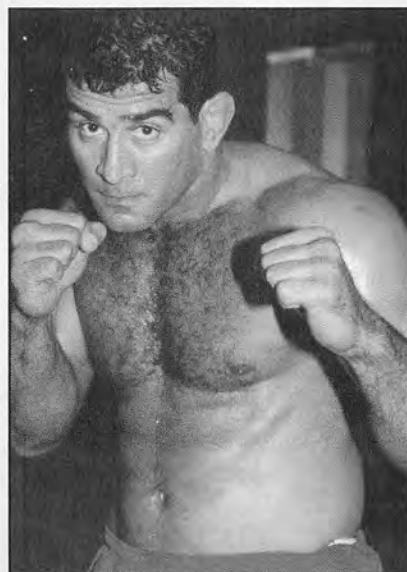
BEGINNING TO INTERMEDIATE: Tuesday & Thursday at 5:00 pm

COST: \$150.00/month

Call for class availability or for private
instruction: **(949) 831-1866**

Fax: **(949) 831-1871**

27231 La Paz Rd., suite C
Laguna Niguel, CA 92677



MARTIAL MUSINGS

*A Portrayal of
Martial Arts
in the 20th
Century*

By Robert
W. Smith

READERS COMMENTS

"Absolutely
absorbing,
opinionated, and
spellbinding."

— Diane Skoss,
publisher,
Koryu Books

"I guarantee will
be a classic volume
of its genre."

— Paul Nurse, judoka

"I would read
Smith's shopping
lists - and would
probably be enriched
by their insights.
He is that good.
His work is indispen-
sable to serious
martial artists."

— David Lowry, author
(Autumn Lightning and Sword & Brush)

"... this book had better be in your library."

— Kim Taylor, editor (Journal of Japanese Sword Arts), and publisher
(Electronic Journals of Martial Arts and Sciences)

"... succinct, witty, animated and flowingly accurate prose. For anyone
who cares about the people and cultural forces that have shaped our
modern world from China to Japan to America, for anyone who
understands that studying the lives of extraordinary individuals helps
us live our own mundane existence, for anyone who's just interested in
a unique, good read, Martial Musings is a bargain."

— James Grady, author (Six Day of the Condor)

"Read it! It will be to your advantage."

— Richard Bowen, Vice-President, The Budokwai

Martial Musings

A Portrayal of Martial Arts
in the 20th Century



Robert W. Smith

TABLE OF CONTENTS

PART I

- Introduction
- Early Days
- In The Marines
- Boxing
- Judo
- CIA

OUT TO ASIA:

- Aikido Interlude
- At the Kodokan
- Cathedral Caper
- My Karate Kick
- Art Broadbent
- The Good Old Budokwai
- E. J. Harrison
- Donn Draeger
- Jon Bluming
- John Gilbey & His Correspondents
- Takahiko Ishikawa
- Masahiko Kimura

- Bill Paul
- Dermot M. "Pat" O'Neill
- The Legendary Fairbairn
- A Pause

PART II

- Taiwan: A Martial Watershed
- Return to America & Judo
- Judo and Taiji
- Back at CIA
- To Teach is to Love & Learn: A Soliloquy
- Xingyi & Bagua
- The Other Internal Arts
- Rose Li: Cherchez la Femme
- A Word on Weapons

MY WRITERS:

- An Interlude
- Zheng Manqing: The Last Decade
- Ben Lo: Modest Man
- True Taiji
- Guo Liangyin
- SOUTHEAST ASIA REVISITED:
- Laoshi's Other Top Students
- Zheng Manqing: A Summing Up
- Tam Gibbs Again
- The Weird and Wild
- The Bogus: Hollywood
- Nothing Could Be Finer: Down to Carolina
- Bibliography
- Credits
- Glossary
- Index

BOOK INFORMATION

- Hardbound
- 6" x 9"
- Full-color cover
- Two-color text
- 400 pages
- Over 300 illustrations
- Price: \$39.95

UNIQUE PUBLICATIONS

4201 Vanowen Place
Burbank, CA 91505
1(818) 845-2656
1(818) 845-7761 Fax
CALL TOLL FREE
1(800) 332-3330

ART OF WAR

Continued from page 114

with many UFC fans as a way to stay in touch. Silva was one of his most enthusiastic online correspondents. I met him in '97 at UFC 13, I believe, and took him out to dinner. He was a nice kid who worked for his brother making change in a video arcade. He was a big pro wrestling fan. I remember he told me he had a circle of friends who used to toss each other around in fake matches - you know, a backyard wrestling sort of thing. They would "rassle" after watching the latest WWF offering. He had no black belt in any martial art, no college degree, and no

"In the opinion of this columnist and the majority of other MMA promoters, managers, and fighters, this was like putting a fantasy baseball fan in charge of the New York Yankees!"

business experience of any kind - not many would regard him as a business or a martial arts heavyweight. I remember the steak dinner I bought him at UFC 13 was the first restaurant steak he ever ate! An unsophisticated kid by anyone's standards, but very likable.

Fertitta, however, in choosing Silva, was quoted as saying, "I was convinced in five minutes that Joe was going to play a key role in moving forward with building the new UFC." In the opinion of this columnist and the majority of other MMA promoters, managers, and fighters, this was like putting a fantasy baseball fan in charge of the New York Yankees! Silva, in a post dated 9/30/01, defended his matchmaking for UFC 33 by saying, "It's really just a matter of luck - this time we did not get as lucky." Fertitta should have taken more than "five minutes" to pick a matchmaker - one who doesn't rely on "luck" to book fights. Vice-President of Talent Relations indeed!

In contrast, John Lewis turned Lorenzo Fertitta onto Brazilian jiu-jitsu and introduced him to Tito Ortiz, Chuck Liddell, and many others. Lewis, a top MMA fighter, gym owner, and respected trainer who's in the same town (Las Vegas) as Zuffa, would have been the perfect choice as booker and matchmaker in the opinion of most MMA insiders. Memo to Fertitta: Get yourself a professional matchmaker. Find someone who knows marketing, matchmaking and fighting from some source other than Internet chat rooms and forums. You're spending serious dollars to get this sport on its feet. For that, we all applaud you. But get a better act together. It takes more than luck and money to build a winner. It takes vision and professionalism!

The road to MMA acceptance will be nearly impossible if the UFC can't do the most basic job of making fights that people want to watch. With the lowest buy rates in the history of the UFC - after spending the most money ever to promote any MMA show - it is clear that poor matchmaking is costing the Fertittas millions of dollars and driving fans away from the sport. If the matchmaking vision and concept isn't improved soon, the UFC will not be around long enough to grow into anything. The proof is in the pudding!

Jeet Kune Do

Association

We specialize in
Street Self-Defense
Instructor Licensing
Seminars - Camps
Over 30 JKD schools.
We are one of the
oldest JKD groups.
PROF. GARY DILL
Founder, has over
30 years in JKD
Check out our NEW website:



www.jkd-garydill.com



JIU-JITSU CONNECTION®

"SINGLE SOURCE FOR BJJ, JUDO & SUBMISSION FIGHTING GEAR"®

WWW.JIUJITSUCONNECTION.COM

JJC@jiujitsuconnection.com

Tel: 626-666-1486



Weight Vest Power!

Build Ultimate

Strength

& Endurance

20,30,40,&50 lb. Vests

Call Toll Free: 1-888-909-5473

Visit [www. Weightvest.com](http://www.Weightvest.com)

Send Check or Money Order to:
Weightvest.com
1397 N. 1700 E.
Sugar City, Idaho 83448

Pricing:

20 lb.\$129.95
30 lb.\$154.95
40 lb.\$169.95
50 lb.\$195.95

Shipping Included USA & Canada
30-day Money-back guarantee (less shipping)

Choose color:
Black
Camouflage

Learn Brazilian Jiu Jitsu & Grappling Arts Fast

Using our revolutionary
new
Accelerated Learning
Technology

Accelerated Learning video tapes for:

*Blue Belt Course
in Brazilian Jiu Jitsu
By Robert Morales*

*Street Submission Reality
Combat
By Walt Lysak
(realityconnection.com)*

SpeedJiuJitsu.com
712-475-3788

PATCHES-PINS MEDALS - RIBBONS **FREE CATALOG!**

LANE 4 AWARDS

P. O. BOX 451591G
SUNRISE, FLORIDA 33345

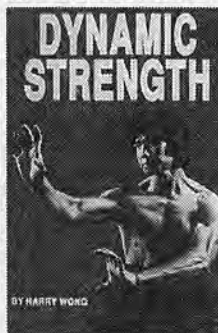
PHONE: (954) 742-8609

FAX: (954) 742-8609

EMAIL: LANE4@INTERPOINT.NET

GAIN DYNAMIC STRENGTH!

Comprehensive instructions with plenty of photos to show how to strengthen muscles, gain power and improve physique without the problems of weight training. The 1st section explains the mental aspects of dynamic strength. The 2nd section covers the warm-up exercises. The dynamic strength exercises are covered thoroughly in the 3rd section.



#209- \$6.95

800-332-3330 ext. 122

Join Today!
No Politics
Free Dan Testing
www.aikia.net
Dr. Jerry Beasley, 9th Dan,
"Instructor of the Year" Black Belt (Magazine)
Hall of Fame 2000
email - jilbeasley@radford.edu
5 Tape Series
JKD Scientific Street Fighting
\$99 Plus \$6 Shipping
Karate College 2001
(June 29 - July 1)
Lewis • Beasley • Wallace • Gracie
Free brochure write: AIKIA, P.O. Box 402
Christiansburg, VA 24068. (540) 381-2025

Swords - Knives - Weapons - Videos - Books - Training Equipment
Lowest Guaranteed Prices - Secure Online Ordering - 1000+ Items



www.masupply.com

DISCOUNT MARTIAL ART SUPPLY, INC.
7380 S. Eastern Ste 124 PMB 266 Las Vegas, NV 89123

'THE ULTIMATE MARTIAL ARTS SEMINAR'
Masters on the Mountain X
"Playing Martial Arts for the Fun of It"
featuring the Spinal Energy Monkey Boxing of
'UNCLE WILLIAM DE THOUARS'
a host of the best of the best
demonstrating no-nonsense fighting, submissions, Rocknroll Prison
Fighting & the Healing Arts of Tai Chi &
Qigong to mend the injuries.
1 video overview (2 full hours) - \$25
Or 3 tape teaching set, 5 hours, entire seminar - \$65
Eureka Productions, PO Box 660, Pt. Reyes, CA 94956
www.eurekainternalarts.com
Uncle's website: www.kuntaoslatdetthouars.com

BlackBelt Shop

Martial Arts
Supplies at
10% to 40%
below Retail



www.blackbeltshop.com

Major brands

- Macho
- Century
- Adidas
- ProForce
- Everlast
- Hurley
- Tiger Claw
- Many More...

Martial Arts PATCHES & PINS

(online ordering)

www.123PATCH.com

800-842-6294

TONS OF QUALITY AND COLORFUL DESIGN
FOR ALL MARTIAL ARTS NEED. CUSTOM MAKE
AND WHOLESALE AVAILABLE, CALL FOR MORE
INFORMATION.

UNITED STITCH ASSOCIATES
14906 CLARK AVE. HACIENDA HTS, CA 91745
TEL: 626-333-3390 FAX: 626-961-7418

UNIQUE PUBLICATIONS **UP**

MARTIAL ARTS BOOKS AND VIDEOS

BOOKS

BRUCE LEE/JKD

BRUCE LEE'S 1 AND 3 INCH POWER PUNCH

JAMES DEMILE
Original Bruce Lee student James W. DeMile reveals the secret of Lee's devastating close-range punch.

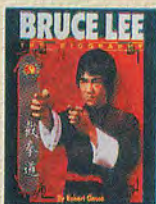
502 • \$4.95



BRUCE LEE: THE BIOGRAPHY

ROBERT CLOUSE
The director of "Enter the Dragon" brings you over 150 rare photos of the Little Dragon's life and interviews with his family and friends.

144 • \$14.95



BRUCE LEE: THE UNTOLD STORY

This book traces Bruce's life story as told by his mother, Grace Lee, his family and his close personal friends.

401 • \$7.95



JEET KUNE DO: A TO Z (VOLUME 1)

CHRIS KENT
While Bruce Lee felt there should be no such thing as a "fixed" system or method of fighting, he did believe there is definitely a progressive approach to training.

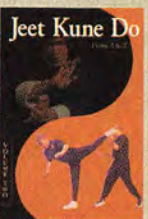
#407 • \$14.95



JEET KUNE DO: A TO Z (VOLUME 2)

CHRIS KENT
A continuation of the Jeet Kune Do: A to Z series, concludes with a discussion of the major philosophical tenets of jeet kune do as set out by the late Bruce Lee.

#408 • \$16.95



JEET KUNE DO KICKBOXING

CHRIS KENT AND TIM TACKETT
JKD kickboxing, hand tool development, attack by combination, progressive indirect attack, and much more.

#526 • \$14.95



JEET KUNE DO ENTERING TO TRAPPING TO GRAPPLING

LARRY HARTSELL
A clear cut, no nonsense approach to the use of JKD in close-range grappling.

#403 • \$14.95



JEET KUNE DO VOL. 2 COUNTERATTACK! GRAPPLING COUNTERS AND REVERSALS

LARRY HARTSELL AND TIM TACKETT
In this follow-up to Volume 1, Larry Hartsell and Tim Tackett present counters and reversals to the techniques shown in the first book.

404 • \$14.95



JEET KUNE DO: ITS CONCEPTS AND PHILOSOPHIES

PAUL VUNAK
Renowned Jeet Kune Do instructor Paul Vunak presents his expression of Bruce Lee's fighting art.

#410 • \$12.95



JUN FAN/JEET KUNE DO THE TEXTBOOK

CHRIS KENT AND TIM TACKETT
Two of the most well-versed instructors of Bruce Lee's fighting present the Little Dragon's training and fighting methods. Over 1,000 step-by-step photographs.

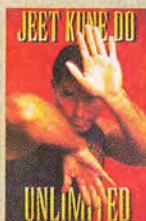
#528 • \$14.95



JEET KUNE DO UNLIMITED

BURTON RICHARDSON
Illustrated with hundreds of photographs, the book features pictorial demonstrations of how these Bruce Lee's concepts can be applied in self-defense.

#440 • \$14.95



THE MAKING OF ENTER THE DRAGON

ROBERT CLOUSE
The truth about the making of Bruce Lee's classic by director Robert Clouse.

#145 • \$13.95



CHINESE ARTS

BEGINNER'S TAI CHI CHUAN

VINCENT CHU
Written with the novice in mind, Beginner's Tai Chi Chuan is the only book the newcomer to this great art will ever need.

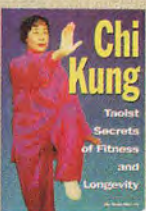
#280 • \$12.95



CHI KUNG: TAOIST SECRETS OF FITNESS AND LONGEVITY

WEN-MEI YU
For the first time ever the secrets of the Wild Goose Chi Kung form are brought to the West in easily understood terms.

#240 • \$14.95



CHINESE HEALING ARTS

EDITED BY WILLIAM R. BERK
This is a unique book which blends the ancient with the modern, and prescribes a program to develop and integrate the body and mind.

#222 • \$9.95



CHINESE KARA-HO KEMPO VOLUME 1: FUNDAMENTAL PRACTICE AND TECHNIQUES

SAM KUOHA WITH KAIMI KUOHA
Kara-ho's grandmaster presents techniques to defend against grappling, clubs or sticks, guns, knives and multiple attackers.

#265 • \$16.95



CHINESE KARA-HO KEMPO VOLUME 2: SECRETS OF KI AND INTERNAL POWER

SAM KUOHA WITH KAIMI KUOHA
Revealing the secrets of cultivating internal power for martial use, this book illustrates methods to promote better health and a harmonious relationship between mind and body.

#266 • \$16.95



UNIQUE PUBLICATIONS **UP**

MARTIAL ARTS BOOKS AND VIDEOS

CHOY LI FUT

DOC-FAI WONG AND JANE HALLANDER
A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu.

#217 • \$10.95



THE COMPLETE GUIDE TO KUNG FU FIGHTING STYLES

JANE HALLANDER
Within these pages you will discover the history and development of kung fu in China and its spread into the United States and around the world.

#221 • \$9.95



THE COMPLETE IRON PALM

BRIAN GRAY
Brian Gray, takes you through every phase of conditioning techniques, breathing exercises and actual iron palm strikes.

#415 • \$12.95



THE ADVANCED IRON PALM

BRIAN GRAY
Recipes for making dit da jow, how to increase power, what parts of the body are most vulnerable to strikes and how to protect yourself.

#416 • \$12.95



THE DECEPTIVE HANDS OF WING CHUN

DOUGLAS L. WONG
A straightforward, approach to achieving results quickly, this book is an excellent compendium of wing-chun's history and techniques.

#201 • \$6.50



EFFORTLESS COMBAT THROWS

TIM CARTMELL
Learn the principles of combat throwing techniques which, when performed correctly, do not require the use of great power, force or effort.

#261 • \$19.95



FATAL FLUTE AND STICK FORMS WAH LUM KUNG FU

CHAN POI
Chan Poi teaches the techniques, forms, and principles of combat that meet the demands of today's self-defense.

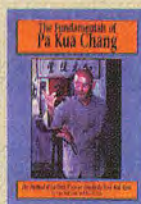
#215 • \$12.95



THE FUNDAMENTALS OF PA KUA CHANG, VOL. 1

PARK BOK NAM AND DAN MILLER
Park Bok Nam presents exercises which will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.

#245 • \$19.95



THE FUNDAMENTALS OF PA KUA CHANG, VOL. 2

PARK BOK NAM AND DAN MILLER
This volume, details footwork, palm striking power, body movements, and chi kung internal energy development.

#246 • \$24.95



HSING-I

JAMES W. MCNEIL
Ancient taoist secrets of health and longevity. The internal aspects of martial arts are discussed by everyone, but known and actually employed by only a few.

#225 • \$14.95



THE INTERNAL SECRETS OF TAI CHI CHUAN

DOC-FAI WONG AND JANE HALLANDER
Harness the power of tai chi's internal strength through a comprehensive program of meditation, forms practice, and push hands skills.

#250 • \$12.95



KUNG-FU: HISTORY, PHILOSOPHY AND TECHNIQUE

DAVID CHOW AND RICHARD SPANGLER
Revealed for the first time in English are some of kung-fu's most outstanding secrets—the reality behind some of the enigmas. From original sources in China.

#103 • \$14.95



KUNG-FU: THE ENDLESS JOURNEY

DOUGLAS L. WONG
The amazing white lotus system of kung fu takes the power of the mind, body and spirit to new heights of awareness, strength and insight.

#230 • \$14.95



KUNG-FU: THE WAY OF LIFE

DOUGLAS L. WONG
This book demonstrates the basics of kung-fu from the beginning to the intermediate levels.

#202 • \$8.50



NORTHERN SIL LUM #7, MOI FAH

THE PLUM FLOWER FIST
KWONG WING LAM
Sil Lum #7 is the most interesting beginner's form of the Sil Lum system. There are 40 moves that introduce fundamental strikes and kicks, both long and short range.

#213 • \$8.95



PAI LUM TAO-WAY OF THE WHITE DRAGON

GLENN C. WILSON
Pai Lum Tao, the way taught by legendary Grandmaster Dr. Daniel K. Pai, teaches you how to perfect harmony in your life by creating a healthy blend of martial arts mind, body and spirit.

#257 • \$14.95



PANGU MYSTICAL QIGONG

OU WEN WEI
This is the first English translation of a well-known Chinese work on a qigong form known as the Heaven and Earth/Sun and Moon exercise.

#242 • \$9.95



PRACTICAL CHIN NA

ZHAO DA YUAN, TRANSLATED BY TIM CARTMELL
The secrets of both the internal and external schools of Chinese martial arts combined to bring the reader an in-depth study and analysis of the art of chin na.

#260 • \$17.95



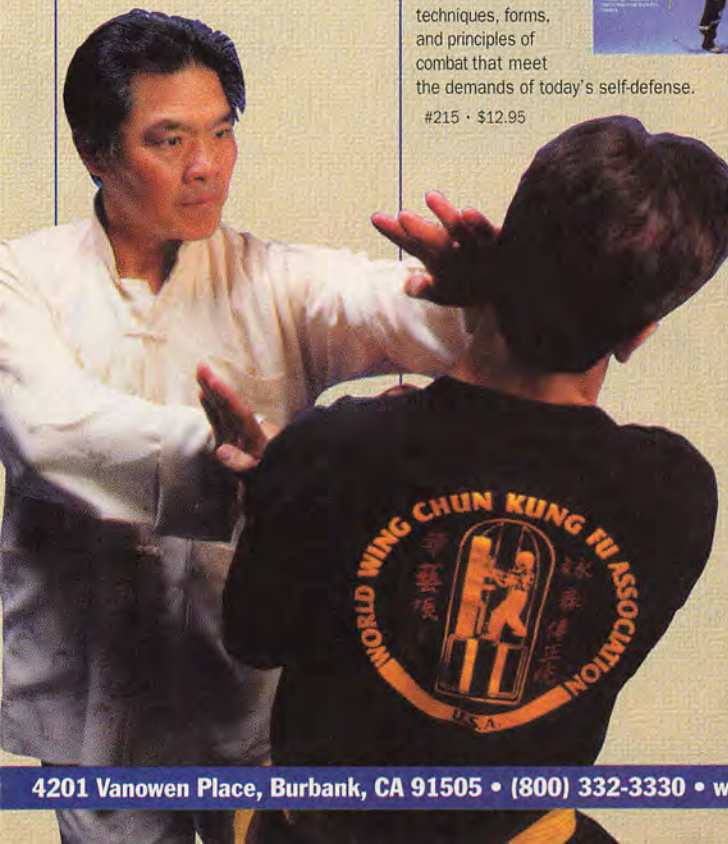
SHAOLIN CHIN NA: THE SEIZING ART OF KUNG-FU

YANG JWING-MING
Learn grasping, pressing and unnaturally twisting the sensitive parts of an opponent's body such as nerves, muscles, and joints.

#207 • \$10.95



"The most thorough library of martial arts texts I've ever seen!"



UNIQUE PUBLICATIONS **up**

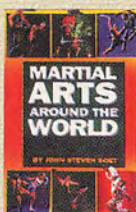
MARTIAL ARTS BOOKS AND VIDEOS

MARTIAL ARTS AROUND THE WORLD

JOHN S. SOET

Learn how the defensive arts of different countries deal with direct attacks, attacks from weapons, multiple attackers and more!

#140 • \$12.95

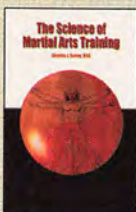


THE SCIENCE OF MARTIAL ARTS TRAINING

CHARLES I. STALEY

In-depth discussions on as skills training, strength development, flexibility, speed and quickness, tournament strategy, motivation, nutrition, restoration, and many others.

#445 • \$19.95

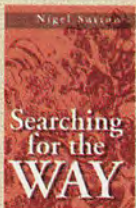


SEARCHING FOR THE WAY

NIGEL SUTTON

In this engaging work one can learn about the everyday lives of some of the world's leading martial arts masters and the secrets of their fighting arts.

#180 • \$16.95



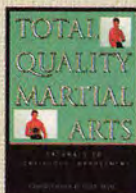
Order On-Line!
www.cfwwenterprises.com

TOTAL QUALITY MARTIAL ARTS

CHRISTOPHER D. HESS

A unique approach to training that enables anyone to reach their potential as a martial athlete.

#447 • \$16.95



TRAINING AND FIGHTING SKILLS

BENNY "THE JET" URQUIDEZ

In his first book on professional karate, Benny "The Jet" instructs the student in the techniques that made him No. 1 in the kickboxing world.

#402 • \$14.95



THE ULTIMATE KICK

BILL "SUPERFOOT" WALLACE

Learn how to destroy an opponent before ever throwing a punch, and how you can turn three kicks and two punches into the most devastating combination in competition karate.

#406 • \$12.95



WARRIOR WITHIN: THE MENTAL APPROACH OF A CHAMPION

KEVIN BREWERTON

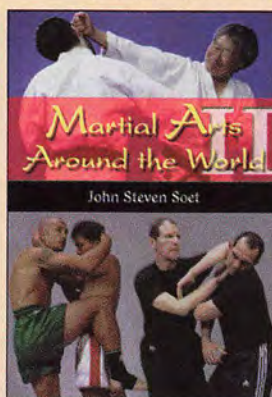
The author's personal competition exercises that have brought him five world championships.

#450 • \$14.95

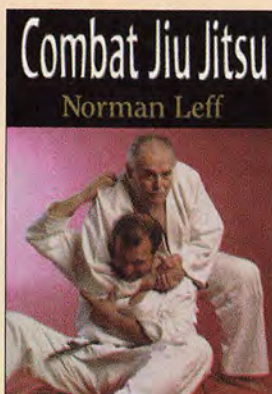


■ COMING SOON! ■

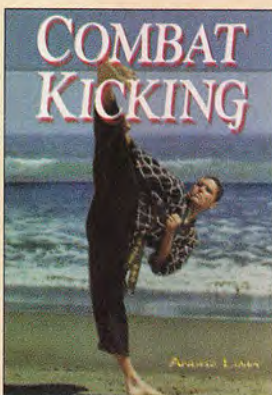
Call (800) 332-3330 for Release Dates



Martial Arts Around the World II
BY JOHN STEVEN SOET
Side-by-side comparisons of the world's most secretive and effective fighting arts.



Combat Jiu-Jitsu
BY NORMAN LEFF
The fighting and self-defense principles of jiu-jitsu.



Combat Kicking
BY ANDRE LIMA
One of the world's best kickers shows how you can use kicks effectively for self-defense.

■ JUST RELEASED! ■

ANATOMY OF A STREEFIGHT

By Paul Vunak

Author Paul Vunak, head of Progressive Fighting Systems and a former trainer for the Navy S.E.A.L. team, takes you through a variety of common streetfighting scenarios in the most complete guide to streetfighting ever offered. Among the attributes discussed in the book are awareness, precision, explosiveness, speed, strength and body mechanics. There also are sections on mass attacks, police, women and legal ramifications.

#412 • \$16.95



SHAOLIN FIGHTING: THEORIES & CONCEPTS

DOUGLAS L. WONG
Explores the many facets of kung-fu from the beginning stages of saluting to the advanced exercises used on kung-fu training equipment.

#205 • \$7.50



SHAOLIN FIVE ANIMAL KUNG-FU

DOC-FAI WONG AND JANE HALLANDER
Ancient Chinese monks discovered that by incorporating their martial arts with the movements of these animals, they could create a system as harmful to the enemy as it was healthful to the practitioner.

#218 • \$9.95



SHAOLIN LONG FIST KUNG FU

YANG JWING-MING AND JEFF BOLT
A comprehensive guide to the fundamental and intermediate levels of Shaolin long fist kung-fu.

#208 • \$14.95



TAI CHI FOR TWO: THE PRACTICE OF PUSH HANDS

PAUL CROMPTON
A basic exercise for two partners presented it as a means of training oneself to relax under physical and mental pressure and to improve one's interactions with others in everyday life.

#568 • \$17.95



TAI CHI SENSING HANDS

STUART A. OLSON
This book presents a complete record of Yang style tai chi tui shou (also known as "push hands" or "sensing hands") techniques.

#287 • \$19.95



TAI CHI THIRTEEN SWORD: A SWORD MASTER'S MANUAL

STUART A. OLSON
This is the most comprehensive book in the English language dealing exclusively with tai chi chuan's exotic "thirteen sword" form.

#285 • \$19.95



TAI CHI TRAINING IN CHINA: MASTERS, TEACHERS & COACHES

HOWARD THOMAS
If you ever wondered what it is like to study Tai Chi Chuan in China, read this book. A must for all students of Tai Chi and martial arts whatever their persuasion.

#567 • \$25.00



THE TAO OF HEALTH AND FITNESS: THE KUNG-FU MASTER'S WORKOUT

JIAWEN MIAO
For centuries, China's martial arts masters have developed extraordinary strength and fortitude while maintaining optimal health and vitality into old age. This book provides instruction in the traditional exercises that make this possible.

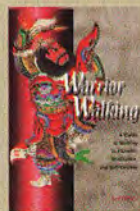
#270 • \$12.95



WARRIOR WALKING: A GUIDE TO WALKING AS EXERCISE, MEDITATION, AND SELF DEFENSE

JOSH HOLZER
Injuries forced the author to look for alternative ways to continue on the path of mental and physical growth. His search led him to practice dozens of martial arts, to study under several tai chi masters, and to delve into the study of yoga, qigong, and meditation.

#155 • \$14.95



WING CHUN BIL JEE: THE DEADLY ART OF THRUSTING FINGERS

WILLIAM CHEUNG
William Cheung reveals the original wing chun bil jee form taught only to him by the late Yip man.

#214 • \$10.95



THE WU STYLE OF TAI CHI CHUAN

TINN CHAN LEE
An explanation of the ten fundamental principles; a brief history of tai chi chuan masters; the seven basic stances; principles in the cultivation of chi; duration of the static meditative exercises; stances; and much more.

#211 • \$9.95



XING YI NEI GUNG: HEALTH MAINTENANCE AND INTERNAL STRENGTH DEVELOPMENT

DAN MILLER AND TIM CARTMELL
The complete xing yi history, lineage and practice, going back eight generations.

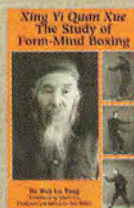
#226 • \$19.95



XING YI QUAN XUE: THE STUDY OF FORM MIND BOXING

SUN LU TANG
This is the first English edition of Sun Lu Tang's 1915 classic xing yi quan (hsing-i chuan) text. This book has served as the standard on the art of xing yi quan for over 80 years!

#235 • \$19.95



YANG STYLE TAI CHI CHUAN

YANG JWING-MING
Yang Jwing-Ming, one of the most notable tai chi teachers, attempts to clear common tai chi misconceptions through effective explanations and technique photographs.

#210 • \$14.50



YUEN KAY-SAN WING CHUN: HISTORY AND PRACTICE

RENE RITCHIE
Hailing from Mainland China, the Yuan Kay-San system of wing chun, one of the most rare and elusive branches of the art, is finally introduced to the Western world.

#275 • \$16.95



JAPANESE ARTS

AIKIDO: TRADITION AND NEW TOMIKI FREE FIGHTING METHOD

NOBUYOSHI HIGASHI
This is the most comprehensive volume on this unique system to date and will be of infinite value to everyone, from beginner to advanced practitioner.

#319 • \$12.95



THE ESSENCE OF AIKIDO

BILL SOSA AND BRYAN ROBBINS
Aikido was the vision of Morihei Ueshiba, a style that could be both non-aggressive and still effective in self-defense situations.

#320 • \$10.95



JO: THE JAPANESE SHORT STAFF

DON ZIER AND TOM LANG
Developed by a Japanese fighter after a humiliating defeat by the legendary Musashi Miyamoto, the Jo combines the techniques of the spear, sword and the naginata.

#310 • \$12.95



KATA AND KUMITE FOR KARATE

CHRIS THOMPSON
Three areas of karate are covered in this training guide: forms, two-man sets and free sparring.

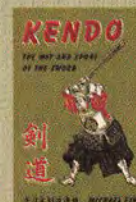
#558 • \$24.95



KENDO: THE WAY AND SPORT OF THE SWORD

MICHAEL FINN
The feeling and skill of kendo that is practiced in Japan has been brought to life in a comprehensive, easy to read format.

#562 • \$17.95



KOKUSHI-RYU JUJUTSU

NOBUYOSHI HIGASHI
Jujutsu's techniques and philosophies make it one of the most effective arts ever devised.

#322 • \$14.95



Order On-Line!
www.cfwwenterprises.com



UNIQUE PUBLICATIONS **UP**

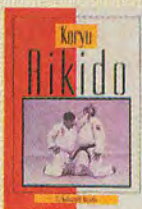
MARTIAL ARTS BOOKS AND VIDEOS

KORYU AIKIDO

NOBUYOSHI
HIGASHI

There are many techniques which cannot be fully executed in free practice. Professor Tomiki called these Koryu-goshin-no-kata ("Self-defense form of traditional aikido").

#321 • \$14.95



MAS OYAMA THE LEGEND, THE LEGACY

MICHAEL J. LORDEN
This book presents the life and spirit of Mas Oyama and the history, development, and exploits of his aggressive martial art—thought by many to be the "strongest karate."

#317 • \$14.95



NINJUTSU HISTORY AND TRADITION

DR. MASAOKI
HATSUMI

The only book written by Dr. Masaaki Hatsumi, the 34th-generation leader of togakure-ryu ninjutsu. This best-seller contains training and fighting secrets known only to the ninja.

#105 • \$12.95



SUPER KARATE FOR KIDS

ROGER CARLON

There are many books that show adults how to instruct young adults, but this is the first book to help young adults learn in a completely fun and safe manner on their own!

#328 • \$10.95



TAIJUTSU: NINJA ART OF UNARMED COMBAT

CHARLES DANIEL

Taijutsu, the Ninja warrior's elite system. This is the first book to definitively present the concepts, principles, and techniques of this rarest of martial arts.

#125 • \$12.95



TOMIKI AIKIDO: RANDORI & KORYU NO KATA

DR. LEE AH LOI

Professor Kenji Tomiki, one of Morihei Ueshiba's most promising students, introduced "randori aikido" so that students could make their techniques more effective through "free-play".

#551 • \$24.95



KOREAN ARTS

THE COMPLETE MARTIAL ARTIST VOLS. 1-2

HEE IL CHO

Five fighting systems in one work: tae kwon do; kyokushin kai; Japanese style; the American point system; and the full-contact system. Volume 1 covers the training aspects while volume II deals with fighting. Available in hard or soft cover versions.

5101 (vol. 1, soft) • \$19.95

5102 (vol. 2, soft) • \$19.95

5111 (vol. 1, hard) • \$27.95

5112 (vol. 2, hard) • \$27.95



THE COMPLETE MASTER'S KICK

HEE IL CHO

An in-depth examination of 16 different ground kicks and a virtual encyclopedia of how to stretch, practice, breathe, weight train, the kick's application—everything!

580 • \$16.95



THE COMPLETE MASTER'S JUMPING KICK

HEE IL CHO

A companion piece to the Complete Master's Kick, this volume covers in-depth 18 jumping kicks, including some of the most beautiful and devastating.

581 • \$16.95



THE COMPLETE ONE & THREE STEP SPARRING

HEE IL CHO

Learning proper one and three step sparring, providing the foundation for excelling in self-defense and free-sparring, for all martial artists.

#582 • \$16.95



THE COMPLETE BLACK BELT HYUNG W.T.F.

HEE IL CHO

This book teaches the only patterns recognized for the W.T.F., Olympic and the U.S.T.U. competition. Over 1,000 photographs!

#584 • \$15.95



THE COMPLETE TAE GEUK HYUNG W.T.F.

HEE IL CHO

The only patterns recognized for the W.T.F., Olympic and the U.S.T.U. competition. Over 1,000 photographs which detail the patterns.

#583 • \$15.95



THE COMPLETE TAE KWON DO HYUNG

HEE IL CHO

A three-volume series containing the original 20 traditional recognized forms, as well as the philosophy behind each.

530 Volume 1 • \$13.95

531 Volume 2 • \$13.95

532 Volume 3 • \$13.95

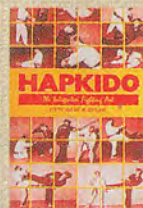


HAPKIDO: THE INTEGRATED FIGHTING ART

ROBERT K. SPEAR

This is the definitive work on this system, considered by many to be Korea's deadliest fighting art.

360 • \$12.95



MAN OF CONTRASTS

HEE IL CHO

Step-by-step instructions of fighting techniques, counterattacks, bag and target training, hand-conditioning exercises and breaking techniques.

#508 • \$16.95



TAEKWONDO SPARRING STRATEGIES: FOR THE RING AND THE STREET

ADAM GIBSON

This book is a compilation of Taekwondo's training methods, techniques, and sparring strategies.

#356 • \$16.95



TANG SOO DO: THE ULTIMATE GUIDE TO THE KOREAN MARTIAL ART GRAND MASTER

KANG UK LEE

The only available manual to cover the 19 forms from white belt to black belt (fourth Dan Master instructor grade), explaining in detail the various moves in each form.

#585 • \$16.95



WEAPONS

ACTION KUBOTAN® KEYCHAIN AN AID IN SELF-DEFENSE

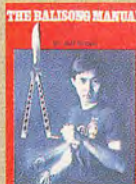
TAKAYUKI KUBOTA
A basic guide to the history and use of the kubotan keychain self-defense tool. Step-by-step photos illustrating strikes and locks in a variety of situations.

#1100 • \$7.95

**THE BALISONG MANUAL**

JEFF IMADA
Concise text and hundreds of detailed photos. Carrying, drawing and flipping; self-defense techniques; the knife and the law; knife-fighting philosophy; care and maintenance; and striking areas.

#5191 • \$12.95

**THE ADVANCED BALISONG MANUAL**

JEFF IMADA
New flipping and manipulation techniques; self-defense and restraining methods; the balisong and the law, updated with the latest legal ramifications.

#5192 • \$12.95

**THE FIGHTING WEAPONS OF KOREAN MARTIAL ARTS**

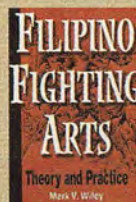
IN HYUK SUH AND JANE HALLANDER
In Hyuk Suh examines the topic of Korean weapons including: the favorite weapons of Korea's early warring factions; royal court weapons.

#355 • \$9.95

**FILIPINO FIGHTING ARTS: THEORY AND PRACTICE**

MARK V. WILEY
A structured comparison of 25 Filipino systems in terms of their training methods and progressions, fighting concepts, theories and strategies.

#345 • \$19.95

**JAPANESE SWORD DRAWING: A SOURCEBOOK FOR IAIDO STUDENTS**

BY DON ZIER
A complete guide to this esoteric aspect of sword fighting. Written by a noted master, this volume describes the techniques and katas of Muso Shinden Ryu.

#114 • \$19.95

**KENJUTSU: THE ART OF JAPANESE SWORDSMANSHIP**

CHARLES DANIEL
The definitive volume on this rare, classical martial art, including a chapter on Japan's greatest swordsmen.

#323 • \$12.95

**NUNCHAKU: THE COMPLETE TRAINING GUIDE**

JIRO SHIROMA
Traditionally used to pound grain, in the hands of a trained practitioner, the lightweight nunchaku became a symbol of speed and power.

#121 • \$12.95

**THE SECRET HISTORY OF THE SWORD**

J. CHRISTOPH AMBERGER
The most complete treatise ever on the art of European edged weapons combat.

#150 • \$19.95

**TRADITIONAL NINJA WEAPONS**

CHARLES DANIEL
This is the "official" guide to the combat tools and forbidden secrets of Japan's ninja clans!

#108 • \$9.50



GENERAL INTEREST

AMERICAN FREESTYLE KARATE A GUIDE TO SPARRING

DAN ANDERSON
American Freestyle Karate is the tag Dan Anderson gave this method of instruction to convey the idea of a non-Asian approach to karate.

#303 • \$9.95

**THE ART OF STRETCHING AND KICKING**

JAMES LEW
The result of years of athletic training and study. Also included are some of Lew's favorite kicking techniques, including: the front drop kick; the lotus kick; the double side kick; the roundhouse heel kick and the butterfly kick.

#206 • \$8.50

**BEYOND KICKING**

JEAN FRENETTE
Learn how to use your flexibility to improve kicking techniques, discover why weight training adds power to your forms, and understand how a proper diet leads to better performance.

#421 • \$12.95

**DEADLY KARATE BLOWS: THE MEDICAL IMPLICATIONS**

BRIAN ADAMS
A team of medical experts and martial artist devoted three years to researching and compiling an accurate, detailed report of the injury potential of karate strikes.

#312 • \$10.95

**DYNAMIC STRENGTH**

HARRY WONG
Comprehensive instructions with plenty of photos to show how to strengthen muscles, gain power and improve physique without the problems of weight training.

#209 • \$6.95

**DYNAMIC STRETCHING & KICKING**

BILL "SUPERFOOT" WALLACE
Structured into two sections: The first deals with stretching and agility as for developing skill, strength, and health. The second section covers kicking techniques and strategy.

#405 • \$14.95

**EFFECTIVE TECHNIQUES FOR UNARMED COMBAT**

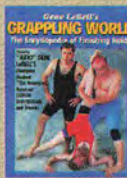
MIZHOU HUI
An overview of the training and fighting methods of various striking, kicking, and grappling arts.

#130 • \$14.95

**GENE LEBELL'S GRAPPLING WORLD**

GENE LEBELL
This book has taken Gene years to write, and it is his legacy to the world of grappling. Over 500 pages in this massive text on the art of finishing holds.

#593 • \$44.95

**JACKIE CHAN: THE BEST OF INSIDE KUNG-FU**

EDITED BY JOHN R. LITTLE AND CURTIS F. WONG
From Inside Kung-Fu magazine's exclusive archives, every page is packed with rare pictures and unique insights about and from this comedy/kung-fu megastar.

#599 • \$12.95

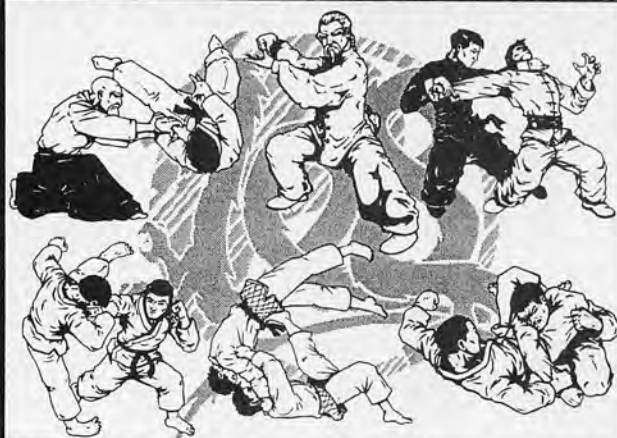
**JEAN FRENETTE'S COMPLETE GUIDE TO STRETCHING**

JEAN FRENETTE
Every martial artist needs to stretch. Learn the ins and outs from Jean Frenette, one of the finest instructors in the world.

#420 • \$10.95



Order On-Line!
www.cfwenterprises.com



108 MARTIAL ARTS CLOTHING

- Professional Illustrations!
- Original Designs!
- Over Fifty Styles!
- Dealers Welcome!

T-Shirts • Sweatshirts • Muscle Shirts
Long Sleeve Shirts • Hooded Sweats

NEW For school owners, instructors, and tournament promoters. The My School Design Collection, Allows you to custom design and license your own 108 clothing line. For more information: E-mail MySchool@superaction.com or call 702-880-7629

What's Your Style?

To Order or For Free Catalog: **877-813-2466**

Martial Art Program

WEEKLY ON CABLE T.V.

Featuring: • **CHINESE** • **JAPANESE**
• **OKINAWAN** • **KOREAN & OTHER ARTS**

For Dates & Times Log on to

WWW.KARATEWORKOUT.COM

GRAPPLER'S GRAPEVINE

Continued from page 32

everything is combined. I am sure that you are going to love this workout because it is not "just" a workout. The tapes will improve your stamina and power, speed, reflexes, and coordination between thinking and execution." Rutten's own words are backed up some of the world's top combat athletes. Marco Ruas says, "It's the BEST training for when you have to train all by yourself." Peter Aerts says, "Even though I am a kickboxer, I love to do the all-around fighting tape because it gets me real tired and it beats hitting the bag."

Even if you're not into fighting, or feel like you just need to sweat, you can use the all-around workout tape to get in shape. This workout can be performed in your hotel room, living room, garden, garage, bedroom, backyard, or outside at the beach. This is truly an exercise system that any member of the family can use, and benefit from.

For more information on the Bas Rutten Workout visit www.basrutten.com or www.sherdog.com

Warrior's Challenge XVI Results Gold Country Casino, Orville, CA

Provided by Jeffrey Thaler

Pat Minihan, San Jose, CA, 169 lbs, American Kickboxing Academy,
def. R1, :03, K.O.,

James Ringler, Angels Camp, CA, 166 lbs, Raven's Loft;

Tim Kennedy, San Luis Obispo, CA, 195 lbs, 5'2", SLO Kickboxing,
def. R1, :44, choke,

Jody Burke, Cornwall, Canada, 195 lbs., Aggression Fight Club

Ray Benavides, Fresno, CA, 154 lbs, Team Fresno,
def. R1, choke,

Derik Tessier, Cornwall, Canada, 154 lbs, Aggression Fight Club

Tim McKenzie, Lodi, CA, 184 lbs, Cesar Gracie Jiu-Jitsu,
def. R1, TKO,

Dax Bruce, Olympia, CA 169lbs, Pacific Martial Arts

Randy Spence, Chico, CA, 154 lbs., Fusion Fight Team,
def. R1, :46, arm bar,

Ben Melendez, Angels, Camp, CA, 154 lbs., Raven's Loft.

Mike Quaintance, Sacramento, CA, 185 lbs., BJJ Training Center Sacramento,
def. R1, 1:45, triangle,

Shaun Beckett, Chico, CA, 184 lbs., Fusion Fight Team

Judy Neff, Boise, ID, 134 lbs, Team Idaho,
def. R1, 2:16, K.O.,

K.C. Nolan, Fresno, CA, 134 lbs, SLO Kickboxing

Sean Gray, Anniston, AL, 204 lbs, Shoot Wrestling USA,
def. R1, 4:49, TKO,

Tony Oberding, Roseville, CA, 202 lbs, Iron Dragon Martial Arts

Anthony Hamlet, Olympia, WA, Victory Athletics Team, 154 lbs,
def. R3, 3:10, TKO,

David Gigi, Montreal, Canada, Jiu-Jitsu

Jake Gibson, Chico, CA, 230 lbs, Freestyle,
def. R1, 2:21, TKO,

Carlos Garcia, Roseville, CA, 215 lbs, BJJ Training Center Sacramento

Benji Radach, Castlerock, WA, 169 lbs, Victory Athletics Team,
def. R1, 1:23, TKO,

Willy Solorio, Modesto, CA, 165 lbs, Freestyle

Gary Marshall, Tacoma, WA, 260 lbs, Victory Athletics Team,
def. R1, 1:31, TKO,

Brad Gabriel, Kanesatake, Mohawk Nation, 240 lbs, First Nation TKD



TAEKWONDO

INSTRUCTORS:

Master Andre Lima
"Brazilian, Cup of Europe
and World Champion"

Christianny Lima
Taekwondo Black Belt

LIMA

MARTIAL ARTS ACADEMY

THE BRAZILIAN WAY TO TRAIN

SEMINARS

FEATURING

Master Andre Lima

CALL: (310) 391-4950

E-MAIL: AndreLima@aol.com

BRAZILIAN JIU-JITSU

INSTRUCTOR:

Gerson Sanginitto
"Jiu-Jitsu and Judo
Champion in Brazil"



Christianny Lima

MARTIAL ARTS ACADEMY

5903 Sepulveda Blvd., Suite #8

Culver City, CA 90230

Telephone: (310) 391-4950

Serving up Heaping Fistfuls of Mixed Martial Arts. The Best Videos, Pictures, Interviews, Articles, Statistics, and Products on the Internet.

SHERDOG.COM is the largest supplier of Mixed Martial Arts tapes on the internet.

We have Low Prices, Huge Selection, Fast Service, and Great Support.

SHERDOG.COM is the **ONLY** place to get the brand new **Bas Rutten's Mixed Martial Arts Workout**, designed exclusively by Bas Rutten to keep him in shape as he travels the globe.

Log into **WWW.SHERDOG.COM** for more details.

sherdog.com



BAS RUTTEN

Continued from page 53

A: When it comes to training I am a pretty simple guy. When something works for me, I won't change it. I personally don't believe in training six or seven hours per day; it's too much for your body. To be honest, as far as weight training goes I only do biceps and triceps exercises. The rest of the time I use my own body weight to develop power - such as push-ups and squats. I use weights more when I want to gain some weight. Generally, I do it three times a week as part of my power training.

My strength training is sport-specific. For example, I don't push a weight above my shoulders in training because I don't do that in the ring. I want to do exercises that are going to strengthen my fighting skills. Sometimes I gain a lot of strength and muscle mass very quickly, so I have to cut back my training. I don't feel comfortable carrying around too much weight - it slows me down. For my legs I don't do weight training at all, only running, biking, and kicking drills. On the technical side, four times a week I train grappling and three times a week I train punching and kicking. I also do a lot of heavy bag work on my own.

Diet and nutrition are very important aspects of a fighter. I believe in consistency so I don't change eating habits as I get close to a fight. This means that I always have to control what I eat. I have a real tendency to eat junk food! Also, if I consume dairy products such as milk or cheese, I cannot work out. I eat things like this only at night. I eat my last meal five hours before a fight and in the hours before the fight I only drink water. I don't use supplements at all.

Q: How do you approach cardiovascular conditioning and flexibility?

A: Cardiovascular conditioning is the most important aspect in a fighter's routine. If your cardio is not good, it's like a car without gas - it's that simple. It doesn't matter if you have all the techniques in the world, if you don't have air then you're out of business. A good fighter needs to know that he will be able to go the distance with full power. I like to work my cardio into my punching and kicking training. What I do the most of the time is combine grappling with a partner for two minutes and then kick the bag for one minute. Then I repeat this routine for eight rounds. My partner rests as I kick the bag, so when I go back he's fresh and I am more tired. It takes a lot out of me. As far as flexibility goes, I stretch the whole body. When you are young you don't need it as much as when you get older!

Q: Where did you learn your grappling skills?

A: In the very beginning I basically learned from watching tapes. When I decided to focus on grappling I got together with a good friend of mine, Leon Van Dyke. We used to work out twice a day in grappling. It was during these sparring sessions that we found a lot of useful movements and techniques. Sometimes a person may know a lot of techniques but these won't all work in a real situation. I know all the techniques I use in practice work in a match. It is better to know fewer techniques that actually work than many techniques which are useless. Every move I make works - either in the ring or in the street. I train very hard so the fight will be easy.

Q: What is the most important aspect for a fighter to have?

A: Mental flexibility - keep your mind open to everything.

Continued on page 128

"SHELDON MARR'S GRAPPLING SEMINAR"

NOW AVAILABLE ON VIDEO CASSETTE!!!

"TRAINER OF CHAMPIONS"

Sheldon Marr is a former Judo and Wrestling Champion, and is the Chief Instructor for the Grappler's Edge Jujitsu Academy. He has been named "The Instructor of the Year" by Jujitsu America, the World Martial Arts Hall of Fame, the International Black Belt Hall of Fame, and the Martial Arts Masters, Pioneers & Legends Hall of Fame. He is also a National Coach for Team USA Pankration for the 2004 Olympic Games in Athens, Greece.

In this 2 tape series, Marr demonstrates some of the techniques his students have used to win National Championships in Judo, NCAA Championships in Wrestling, and five U.S. National Team Titles in Jujitsu. Both tapes are actual footage from a few of Marr's seminars from around the country.

LEARN FROM THE BEST!

TAPE I "TAKEDOWNS" includes:

- * Falls
- * Throws
- * Takedowns
- * Counters
- * Strikes/Locks
- * Strategies

TAPE II "GROUND FIGHTING" includes:

- * Arm Bars
- * Chokes
- * Ankle Locks
- * Knee Bars
- * Transitions
- * Strategies



** SPECIAL LIMITED OFFER **

For a limited time only, Each tape is priced at \$39.95, or you can order both tapes for only \$59.95!

Please make cashier's checks or money orders payable to:
Grappler's Edge, P.O. Box 370724
Denver, CO 80237

Please send ___ copies of Tape I, and ___ copies of Tape II. (add \$3.00 S&H per tape). Total \$

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Foreign Countries: Please submit International M.O. or Bank Draft, payable in U.S. funds. Refunds & Exchanges: Defective tapes will be exchanged for same title only. No refunds will be issued. Please allow 4-6 weeks for delivery.

The World's First Video on GRAPPLING with a Club



\$39.95 ea.
plus \$2.00
shipping
each tape.

VHS
55 minutes
running time.
CA res. add
8% sales tax



TAPE 1: Grips, Slap and grab with a club, Come-alongs, Take downs, Finishing holds and more.

TAPE 2: Throws using the club, Take downs, Arm locks-leg locks, Finishing holds, Lady using a cane, Young lady against a drunk, Taking a suspect from a car using a club and more.

TAPE 3: Wrist, elbow arm locks, Ankle locks and arm locks, Neck locks-knee locks, Boston crab, Motorcycle control using a club and more.

TAPE 4: Leg locks, Neck locks, Chokes using your hands, club, flashlight and magazines, Mouth holds and face holds using the club and more.

Special Offer: BUY THE 4-TAPE SET
AT \$160.00 AND RECEIVE GENE'S 320 pg.
BOOK: **THE GRAPPLING CLUB MASTER**
FREE & WE PAY SHIPPING (SAVE \$37.75)

GENE LeBELL

Toll Free: (877) 636-GENE

Outside USA: (310) 451-5350

Website: www.GeneLeBell.com

e-mail: LeBellFan@AOL.com

Mail: Gene LeBell

1247 Lincoln Blvd. #447
Santa Monica, CA 90401

This is the world's first video tape ever produced on grappling with a club. The club is uniquely used as an extension of your arms and as a grappling aid.

No stranger to firsts, Gene LeBell was the A.A.U. Heavyweight and Overall Class Judo champion in 1954 and again in 1955, long before Judo became an Olympic sport or enjoyed worldwide popularity.

Gene LeBell's students have field tested many of these unique techniques with great success in training schools around the world as well as on the street.

This video is a must for law enforcement, bodyguards, bounty hunters, military personnel and martial artists who want to learn the full scope and possibilities of a weapon.

Don't do something just because somebody says so. See if you can find out if it's good and then use it. People are sometimes like a flock of sheep - if one person does it then everybody does it! Just because somebody wrote something down or put it on a video doesn't make it right.

Bas Rutten' Mixed Martial Arts Workout

That this is not something that I am trying to sell for somebody else - I really trained on this program for the last five years. Every fighter that came to train with me loved it and asked me for a copy - fighters like Peter Aerts, Marco Ruas, Pedro Rizzo, Ian Freeman, Duane Ludwig, Amir Rahnavardi, Mark Kerr, et cetera. It started out as a warm up routine, because I really didn't like skipping rope. So I put my own voice on a tape telling me what to do. I liked it so much that after a short time I started to rewind the tape and do it over and over again and made a workout out of it. The first tapes were an all-around fighting tape and a boxing tape with very simple instructions. The tapes that I made for the workout are way better than the ones I used to train on, plus I made more workouts. The Bas Rutten Mixed Martial Arts Workout is a box that contains four audiocassettes, an instructional booklet, and a videocassette that explains how to do the exercises. I also put highlights of my fighting career on it as a little bonus. It is easy to understand for everybody but you have to be right handed! The four tapes are boxing, Thai boxing, all-around fighting, and an all-around workout. The best thing about them is that you can do them anywhere, as long as you have a tape player. If I don't have time to go to a gym, I do it right in my back yard. The last four times I went to Japan to do the commentary for Pride, I did the workout in my hotel room to stay in shape. You can do it all by yourself as a shadow-boxing routine, in the gym on the bag, or with a partner using focus mitts or Thai pads. The tapes will improve your stamina and power, your speed, your reflexes, your coordination between hearing and executing, and will enable you to throw out combinations like you never did before. My students are training on it and I see vast improvements in their fighting abilities. They are throwing combinations now, that they never did before. I can't tell you they make you a good fighter because they won't - you need to spar with partners for that. But besides sparring, they will do everything for you. Try them out and I am sure that you will use them a lot.

In the past, an instructor of mine would tell me to do something a certain way because the master who invented it had a fifth degree black belt. So what? If he never tried it in a real fight then I'm not interested in learning it. I'm also very skeptical about claims that because a street fighter has 1000 wins, his technique must be good. So what? I can make a record of 50-0 in one night in a bar if I want. People on the street are not trained fighters, so that also is a dumb comment. You have to try a technique for yourself and see if it works for you.

If you train, do it 100 percent. Don't train, come home, and then not think about it anymore. Lock it up in your mind; go over it again and again. If you really want to learn how to fight, then think about fighting night and day. When I was competing, I used to write down things that popped up in my head. There were many times that I woke up at night, woke up my wife, and then submitted her with some technique that I just made up in my sleep. I would ask her if it hurt, and if she said yes I would write it down and try to use it the next day in training. Almost every day that you train, you learn something new if you keep your mind open. If you're never out-learned, you'll never be out-fought.

Q: How should someone new approach training?

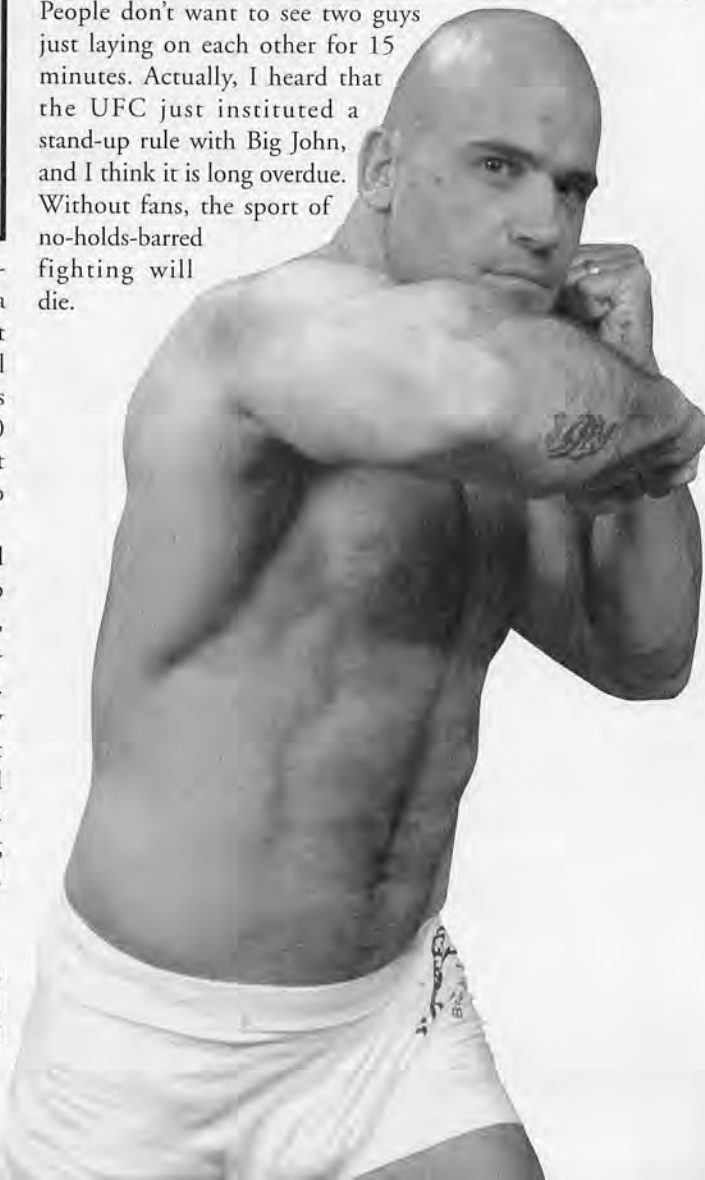
A: I would tell him to take submission fighting or jiu-jitsu classes, take boxing classes, and take wrestling classes - do all three together. Then later on go to a good shootfighting school

and learn how to kick. Punching, ground fighting, and taking somebody down or defending a takedown is the most important combination of skills. I wished that we had wrestling schools in Holland and that I had learned that with the rest of my martial arts.

When I was competing I stayed motivated because I wanted to be the best and I hated to lose. That is the only good motivation. My advice is to stay open-minded, load everything up in your mind that you see in other fights, and then use it in training. Only then can you decide if you want to keep using it or if it is useless for you. Don't do something just because you read it, saw it on a video, or somebody told you. Find out if it really works first. This is important for any person who wants to train in martial arts. The rest is just to maintain consistent eating habits and train as hard as you can.

Q: What is the future of NHB?

A: I think it is on the right track. In the United States, I think fighters should be allowed to kick their opponent when he is down; they also need to do something about a standup rule. Right now in the UFC there is no stand-up rule because of the round system, but I think that they should stand the fighters up if nothing happens on the floor. If the fighter on top does nothing to improve his position or to win the fight they should put the fighters on their feet again. Also, forget about the one-inch punches from the guard - those will never bring a KO. So if that is the only thing a fighter does then stand them up! People don't want to see two guys just laying on each other for 15 minutes. Actually, I heard that the UFC just instituted a stand-up rule with Big John, and I think it is long overdue. Without fans, the sport of no-holds-barred fighting will die.



KNOWLEDGE IS

GRAPPLING MAGAZINE

One year subscription- 12 issues for \$35.00

Name _____

Address _____

City _____

State _____

Zip _____

☐ Payment Enclosed

☐ Visa

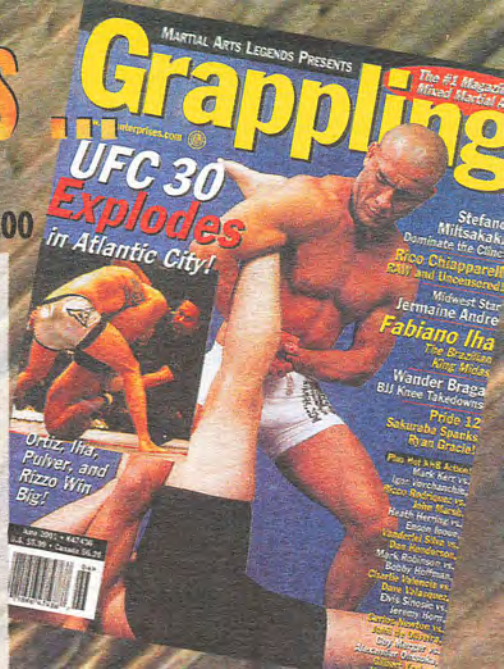
☐ Mastercard

Credit Card # _____

Exp. Date _____

Signature _____

Canadian and foreign orders add \$10/year for postage, payment in U.S. funds.





NO POSTAGE
NECESSARY IF
MAILED IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 21009 BURBANK, CA

POSTAGE WILL BE PAID BY ADDRESSEE

GRAPPLING MAGAZINE
PO BOX 469062
ESCONDIDO CA 92046-9505



STRONGER

than **Joint Pain**

Bas Rutten

**UFC XVIII-XX Heavyweight Champion
3 Time World King of Pancrase**

'As a professional athlete and world champion, I place an extreme amount of pressure on my body especially my joints. GLC 2000 helps me train longer and harder without the nagging joint pain. Right now I am able to train completely pain free. If you are serious about taking proper care of your joints, this is the product for you. GLC 2000 really works!'

**Revolutionary
Patent Pending**

**Full Spectrum
Formula**

**100% Pure Powder
Concentrate**



Gary Stevens

Jean Mae Cordova



Thoroughbred Racing Hall of Fame World Champion Eclipse Award Winner

"In 1999 arthritis pain ended my career. GLC 2000 gave me my life back! GLC 2000 eliminated the pain and increased my flexibility. Now a few short months after the hardest decision of my life, I'm able to live my dream once again. My family and I are so very grateful. I would not be back in the saddle today without GLC 2000. Thank you GLC

81 Years Young Weightlifter Senior Powerlifting Champion

I've suffered with arthritis pain since I was 15 years old. After 3 weeks using GLC 2000 I felt a big difference, after 3 months, my arthritis completely disappeared! I can leg press 525 lbs. bench press 120 lbs. and do 30 military push-ups all pain free because I use GLC 2000. What a relief to wake up without the achy stiff joints. Thank you for such a wonderful product. Love Jean Mae.

3 Month Supply* only \$55.00 3 Month Supply* only \$55.00 3 Month Supply* only \$55.00

Only GLC 2000 combines all the latest medical evidence in the most comprehensive joint supplement available. GLC 2000 contains the exclusive patent pending GLC formula, scientifically engineered to help repair and regenerate damaged and worn articular cartilage. By including all four bioavailable forms of glucosamine with purified BSE free chondroitin sulfate, ascorbate and manganese GLC 2000 works synergistically with the body's own repair mechanisms to help increase mobility and flexibility while reducing degenerative enzymes.

**Call Toll FREE
866-GLC-DIRECT
1-866-452-3473**

**Each Level Scoop Contains
3.5 grams of Pure GLC
Guaranteed Assay**

Chondroitin Sulfate.....750mg
Glucosamine HCl.....750mg
Glucosamine Sulfate.....750mg
Glucosamine Potassium...750mg
N-acetyl D-glucosamine...225mg
Ascorbate.....225mg
Manganese Proteinate.....50mg

GLC 2000 is the only full spectrum glucosamine in a 100% pure pharmaceutical grade powder concentrate. GLC 2000 guarantees you the most complete, potent and affordable joint supplement you can buy. No silly gimmicks, just pure science. Take control of your osteoarthritis pain. Start feeling better today. Call Now!

GUARANTEED Same Day Shipping with any major credit card check and C.O.D. welcome *3 month supply based upon 150 lb person. Please include \$4.95 for shipping and handling

**Proudly Manufactured in the U.S.A.
by Martingale Pharm LLC
1067 Jacktown Road- Paris KY 40361
www.GLCDIRECT.com fax 859-987-5538**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or prevent any disease.

Dept. GRAP

AWMA®

Asian World Of Martial Arts, Inc.

To Order Call: 800-345-2962 • Order By Fax: 800-922-2962
www.awma.com • visit our 5,000 sq. ft. showroom at 917-21 Arch St.
(Chinatown), Philadelphia, PA 19107

New Improved!

Secure Online Shopping!
www.awma.com

WARNING: All weapons are intended for demonstration or decorative purposes only. If used for demonstration expert care and supervision should be exercised.

FREE!

192 pg. catalog
with every order!

**Wholesale
Prices
Available!**



ProForce® Stretchmaster – #8408
Steel, Weighs 45 lbs., Comes assembled,
Adjustable padded back rest,
Gear-driven crank. **\$250.00 ea.**

email: awma@awma.com



ProForce® Headguard w/Mask
Closed cell foam padding with
leatherette covering. Adjustable
hook & loop closure, clear view
face mask. **\$59.95 ea.**
MD and LG

Wavemaster Free Standing Bag
Adjustable 52" to 70", 270 lbs.
filled. Available in Black, Red,
and Blue. **\$129.95 ea.**
Add \$35 for shipping.



New Proforce® Kamas
14" handles, 7" blades, lightweight
\$34.95 pr.
Natural #1947 Black #1948
Red #1960 Blue #1961
Gold #1968 Black/
Stripe #1979



Escrimas
Burned Rattan 1-1/4" dia.
Lightweight, hard, dense, strong
#1913 **\$10.95 ea.**
Hollow, plastic foam covered
#1917 **\$3.95 ea.**
Labsica 28"x3/4"
#1995 **\$21.95 ea.**
Plain (set of 2)
#1912 **\$12.95 pr.**



6ft. Bo Staffs
Rattan 1-1/4" dia.
#1906 **\$26.95 ea.**
Toothpick 1" dia center tapers to
1/2" dia.
#1914 **\$19.95 ea.**
Canadian Ash 1" dia. center tapers to
5/8" dia.
#1967 **\$34.95 ea.**



Steel Sai's with leather handle
(Chrome or blk, octagon or round)
15", 18", 19-1/2", 21-1/2"
\$39.95 pr.



Martial Art Sneakers
Pine Tree®
Available in sz. 1-13 **\$39.95 pr.**
Adidas 2000®
Available in sz. 4-13 **\$58.95 pr.**
Otomix Slider®
Available in sz. 7-13 **\$49.95 pr.**

**Tao of Jeet Do (book by
Bruce Lee)**
#9106 **\$16.95 ea.**
**The Green Hornet (movie
starring Bruce Lee as Kato)**
#53181 VHS **\$14.95 ea.**
#33181 DVD **\$19.95 ea.**
Bruce Lee's Jeet Kune Do (video)
#59081 **\$39.95 ea.**



Foam Practice Speedchuck
#1212 12" blk. **\$5.95 pr.**
**Nylon Foam Practice
Nunchaku**
#1208 12" wht **\$2.95 pr.**
Burned Rattan Speedchuck
#1281 12" **\$13.95 pr.**
**Cocobola Speedchuck
(with grip)**
#1232 12" 20 oz. **\$39.95 pr.**

Nunchaku not sold in NY, MA, and CA
or where prohibited by law



Vinyl Double Clapper Paddles
Adidas®
#88087 **\$28.95 ea.**
ProForce®
#8725 **\$18.95 ea.**



Kempo Gloves
leather and canvas with broken
knuckles/vented palms
MD, LG, XL
\$69.95 pr.



**Black Satin Belts with Gold
Metallic Embroidery**
2" Blk Satin Belts 13 rows of
stitching, Gold Metallic Embroidery
Sizes 3-7
\$39.95 ea.



10 Belt Display
(belts separate)
You earned them
now show them!
#3009
\$34.95 ea.



**Adidas® Adi Champ Tae Kwon
Do Uniform (belt not included)**
55/45 WTF Approved Sizes 000-8
Black or White V-neck.
\$63.95 ea.



TKD Gear Bag
Adidas®
#718432 29"x15"x17" **\$59.95 ea.**
Locker Room
#1744 27"x15"x12 1/2" **\$41.95 ea.**
Sport
#1665 22"x11" **\$21.95 ea.**



Yin and Yang Gear Bag
Locker Room
#1743 27"x15"x12 1/2" **\$41.95 ea.**
Tournament
#1634 27"x9"x13" **\$31.95 ea.**
Sport
#1668 22"x11" **\$21.95 ea.**

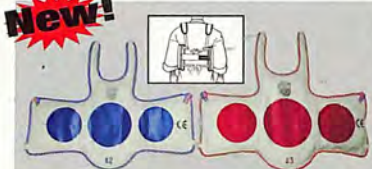


**Proforce® Combination
Shin/Instep Guard**
covers entire kicking area from instep
to top of shin.
Sizes CM, CL, SM, MD, LG, XL
\$12.95 pr.



Swords
Aluminum Broadsword
#1817 32" long **\$49.95 ea.**
Samurai Diato(alloy blade)
Made in Japan
#1880 40" long **\$99.95 ea.**
Straight Blade 440 Stainless Steel Diato
#2001 37" long **\$29.95 ea.**
Bamboo Shinai
42", 44", 46" long **\$24.95 ea.**
Wooden Diato
#1949 40" long **\$9.95 ea.**

New!



Taekwondo Reversible Chestguard – \$29.95 ea.
Reversible Tournament Design with circle point targets
Sizes CM, SM, MD, LG, XL



Macho® Warrior Gear-Available in Blue or black
Kick \$37.95 pr. **Headguard \$43.95 ea.** **Punch \$37.95 pr.**
Sizes CM, CL, SM, MD, LG, XL Sizes SM, MD, LG, XL Sizes CM, CL, SM, MD, LG, XL



Jigsaw Mats – \$44.95 ea.
40" x 40" x 7/8". Lightweight. Snaps together.



Add-A-Mats
1-3/8" firm cross-link foam.
18 oz. blue vinyl coated
nylon cover. 2" hook & loop
fasteners on all 4 sides.
4 ft. x 6 ft. **\$195.00 ea.**
4 ft. x 8 ft. **\$225.00 ea.**
5 ft. x 10 ft. **\$325.00 ea.**
6 ft. x 12 ft. **\$425.00 ea.**

Foam Shields – \$44.95 ea.
Shock absorbent foam, vinyl cover.
30" x 15" x 5".
#8853 Red
#8854 Black
#8855 Blue

© 2001 AWMA, Inc.